ALL NEW! WEEKNIGHT STEWS | MAKE & TAKE CHILI | QUICK CHOWDERS

Taste of Home

SOUPS

107 HEARTWARMING FAMILY FAVORITES

COZY CHICKEN NOODLE SOUP, P. 17

POTATO BEER CHEESE SOUP, P. 39

RAVIOLI SOUP, P. 22

PLUS!
HOMEMADE STOCKS

BONUS:
CRISP SALADS & DUNKABLE BREADS

Taste of Home

— IDEAL RECIPES FOR BUSY COOKS —

Serve Up Family-Pleasing Meals

IN AN "INSTANT!"

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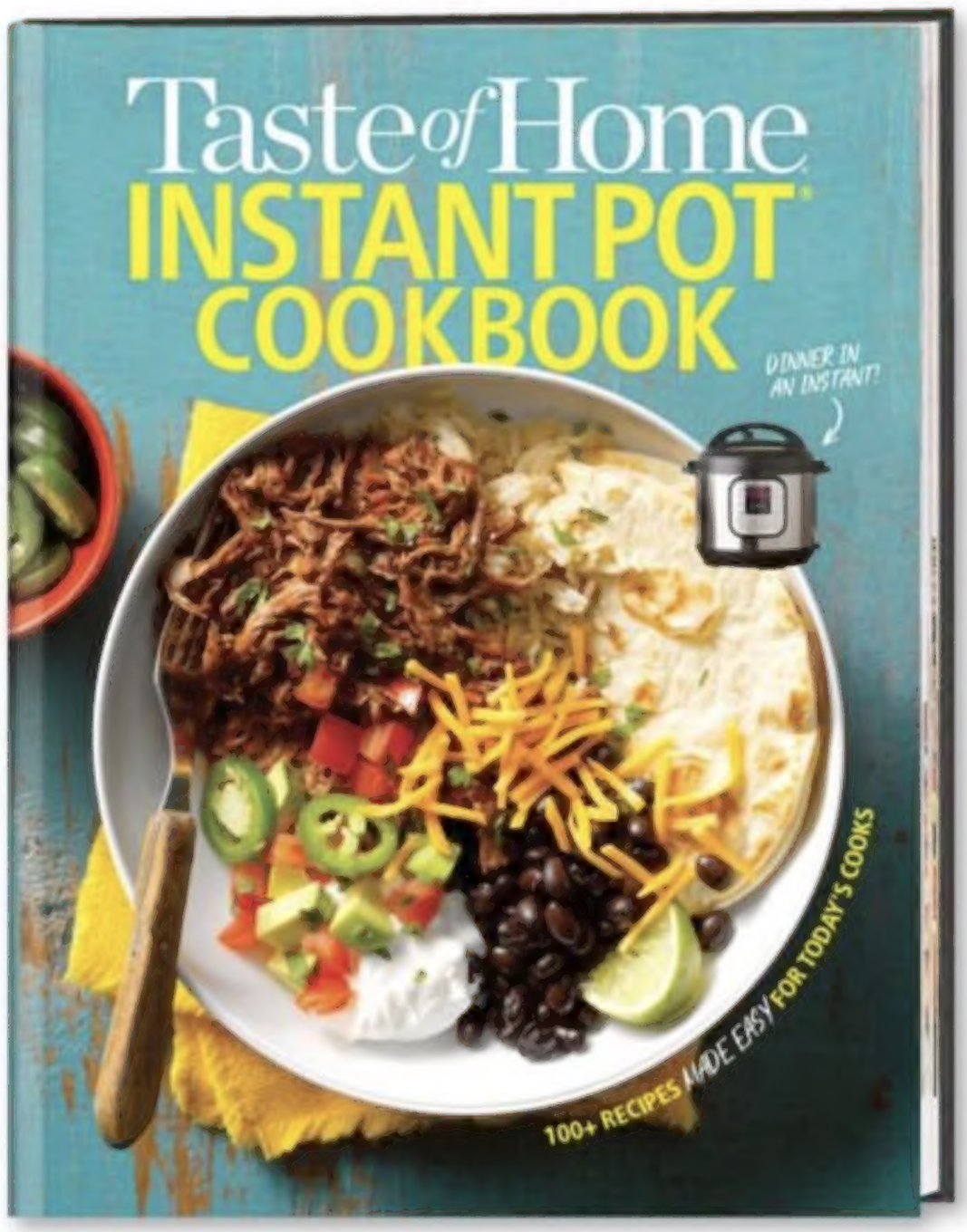
- ✓ **100+ AIR-FRYER RECIPES** for fries, wings, appetizers and even desserts!
- ✓ **FULL-PAGE PHOTO** of every dish
- ✓ **SIMPLE AIR FRYER 101:** easy tips for using & maintaining your air fryer
- ✓ **BONUS CHAPTER** of fried desserts



WHAT'S INSIDE:

- ✓ **100+ INSTANT POT®** appetizers, entrees, sides & more!
- ✓ **FULL-PAGE PHOTO** of every dish
- ✓ **INSTANT POT® 101:** hints, tricks & secrets for success
- ✓ **2 BONUS CHAPTERS** of quick sides & breads

AVAILABLE WHEREVER BOOKS ARE SOLD

Soup's On!

When it comes to a comforting food that feeds the body and soul, nothing compares to steaming bowls of soup, stew and chili. They offer a versatile base for ingredients like vegetables, meats, and grains and are ideal for a light meal or a first course.

Start with super easy from-scratch veggie, chicken and bone broths in **Stock Up!, p. 4**. (They'll take your recipes to the next level.) Kids of all ages will love our Test Kitchen's **Meatball Alphabet Soup, p. 19**. You can get Jackie Kohn's **Slow-Cooked Hungarian Goulash, p. 81**, started in the morning, then come home to a hot and hearty supper. Need dinner in a flash? Donna Hellinger's five-ingredient **Asian Ramen Shrimp Soup, p. 20**, comes together in 15 minutes!

A favorite restaurant dish inspired Jaclynn Robinson to create the recipe for **Creamy Chicken Gnocchi Soup, p. 41**. It's the perfect thing to take the chill out of a fall evening. You'll think you're in Cape Cod when you taste the thick and wholesome **Country Fish Chowder, p. 66**. It's a treasured recipe in Linda Lazaroff's home. Jess Apfe's **Jumpin' Espresso Bean Chili, p. 93**, is low in fat but high in flavor. And no one will guess that coffee is the secret ingredient.

As a bonus, this photo-filled collection even offers a selection of breads and salads to make your kettle creation a meal, including Linda Crawford's **Rosemary-Garlic Dinner Rolls, p. 105**, and **Fruit & Spinach Salad, p. 106**, courtesy of Virginia Dack.

Enjoy!

Julie

JULIE SCHNITTKA
DEPUTY EDITOR

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Taste of Home

SOUPS

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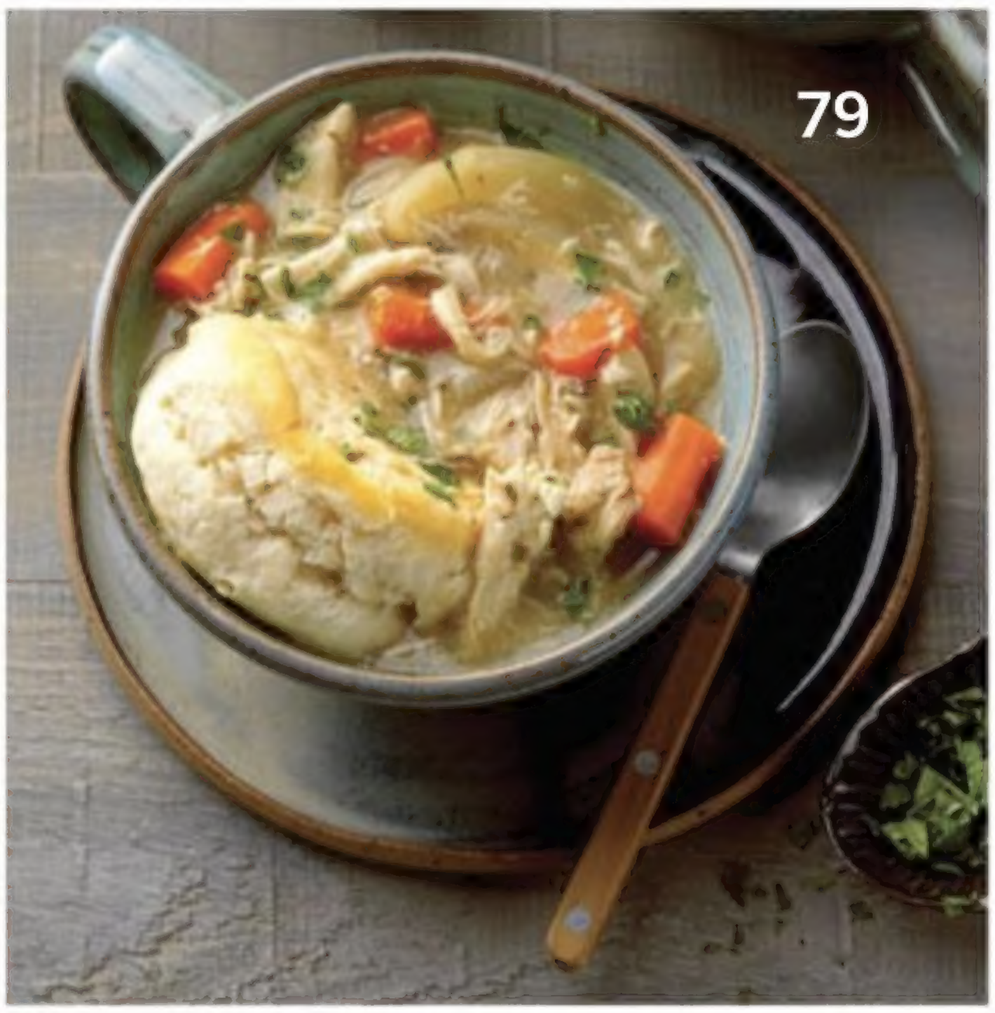


LOOK FOR THESE ICONS:

Fast Fix
Done in 30 minutes or less

5 Ingredients
Recipes made with a few ingredients

Freeze It
Make now, eat later

Slow Cooker
Set it and forget it

STOCK UP!

Making your own broth from scratch is easier than you think, and it's the simplest way to take your soups and stews to the next level. Simmer up these three staples to start your stash.

1 CUP 148 cal., 6g fat (1g sat. fat), 0 chol., 521mg sod., 22g carb. (9g sugars, 5g fiber), 4g pro.

HOW TO MAKE VEGETABLE BROTH

Use this homemade broth in any recipe that calls for vegetable broth. It's an easy alternative to store-bought versions, and—bonus!—it'll be lower in sodium. Cover and refrigerate the broth up to 3 days or freeze up to 6 months.

Prep: **45 min.** • Cook: **1¾ hours** • Makes: **5½ cups**

- **2 Tbsp. olive oil**
- **2 medium onions, cut into wedges**
- **2 celery ribs, cut into 1-in. pieces**
- **1 whole garlic bulb, separated into cloves and peeled**
- **3 medium leeks, white and light green parts only, cleaned and cut into 1-in. pieces**
- **3 medium carrots, cut into 1-in. pieces**
- **8 cups water**
- **½ lb. fresh mushrooms, quartered**
- **1 cup packed fresh parsley sprigs**
- **4 sprigs fresh thyme**
- **1 tsp. salt**
- **½ tsp. whole peppercorns**
- **1 bay leaf**

1. Heat the oil in a stockpot over medium heat until hot. Add onions, celery and garlic. Cook and stir for 5 minutes or until vegetables are tender. Add leeks and carrots; cook and stir 5 minutes longer.

2. Add water, mushrooms, parsley, thyme, salt, peppercorns and bay leaf; bring to a boil. Reduce heat; simmer, uncovered, 1 hour.

3. Remove from heat. Strain through a cheesecloth-lined colander; discard vegetables. If using immediately, skim fat. Or refrigerate for 8 hours or overnight; remove fat from surface before using.

HOT TIPS

Avoid seasoning your broth with herbs and spices. The long simmer time extracts a lot of flavor from the herbs, which might overpower the finished broth. You'll add herbs and spices when you use your broth in a recipe.

HOW TO MAKE CHICKEN BROTH

Make this classic recipe your go-to in dishes that call for chicken stock. Collagen-rich and laced with veggies and herbs, homemade is healthier than commercial versions, which can be laden with preservatives and salt. This broth will keep in the fridge, tightly covered, for 4 to 5 days. Or seal it tightly in a freezer-safe container and freeze it for up to a year.

Prep: **10 min.** • Cook: **3¼ hours + chilling** • Makes: **about 6 cups**

- **2½ lbs. bony chicken pieces (legs, wings, necks or back bones)**
- **2 celery ribs with leaves, cut into chunks**
- **2 medium carrots, cut into chunks**
- **2 medium onions, quartered**
- **2 bay leaves**
- **½ tsp. dried rosemary, crushed**
- **½ tsp. dried thyme**
- **8 to 10 whole peppercorns**
- **2 qt. cold water**

1 CUP 245 cal., 14g fat (4g sat. fat), 61mg chol., 80mg sod., 8g carb. (4g sugars, 2g fiber), 21g pro.

1. Place all ingredients in a soup kettle or Dutch oven. Slowly bring to a boil; reduce heat until mixture is just at a simmer.

2. Simmer, uncovered, 3-4 hours, skimming foam as necessary.

3. Set chicken aside until cool enough to handle. Remove meat from bones. Discard bones; save meat for another use. Strain broth, discarding vegetables and seasonings.

4. Refrigerate 8 hours or overnight. Skim fat from surface.

1 CUP 30 cal., 0 fat (0 sat. fat), 0 chol., 75mg sod., 0 carb. (0 sugars, 0 fiber), 6g pro.

HOW TO MAKE

BONE BROTH

Whether you're adding it to soups or sipping it straight, this rich stock is well worth the effort. You'll want to simmer it for 8-24 hours, so we recommend making it a weekend project. Measure some into your favorite soup recipe now, then freeze the rest for up to 6 months.

Prep: **1½ hours**
Cook: **8-24 hours**
Makes: **about 2½ qt.**

- **4 lbs. meaty beef soup bones (beef shanks or short ribs)**
- **2 medium onions, quartered**
- **3 chopped medium carrots, optional**
- **½ cup warm water (110° to 115°)**
- **3 bay leaves**
- **3 garlic cloves**
- **8 to 10 whole peppercorns**
- **Cold water**

1. Place bones in a large stockpot or Dutch oven; add enough water to cover. Bring to a boil over medium-high heat; reduce heat and simmer 15 minutes. Drain, discarding the liquid. Rinse the bones; drain.

2. Meanwhile, preheat oven to 450°. In a large roasting pan, roast boiled bones, uncovered, 30 minutes. Add quartered onions and, if desired, chopped carrots. Roast until bones and vegetables are dark brown, 30-45 minutes longer; drain fat.

3. Transfer bones and vegetables to a large stockpot or Dutch oven.

4. Add ½ cup warm water to roasting pan; stir to loosen browned bits. Transfer pan juices to pot. Add seasonings and enough cold water just to cover. Slowly bring to a boil, about 30 minutes. Reduce heat; simmer, covered with lid slightly ajar, 8-24 hours, skimming foam. If necessary, add water as needed to keep ingredients covered.

5. Remove beef bones; cool. Strain broth through a cheesecloth-lined colander, discarding vegetables and seasonings.

6. If using immediately, skim fat.

7. Or refrigerate broth 8 hours or overnight; remove fat from surface.

HOT TIPS

The longer you simmer the broth, the more collagen will be extracted from the bones. This component gives the final broth a silky, smooth texture and body. Don't worry if the bones start to fall apart or crumble. This is a sign you've extracted as much as you can from them.

SOUP-FREEZING SECRETS

Keep this expert advice in mind so your soup tastes just as good as it did the day you made it.

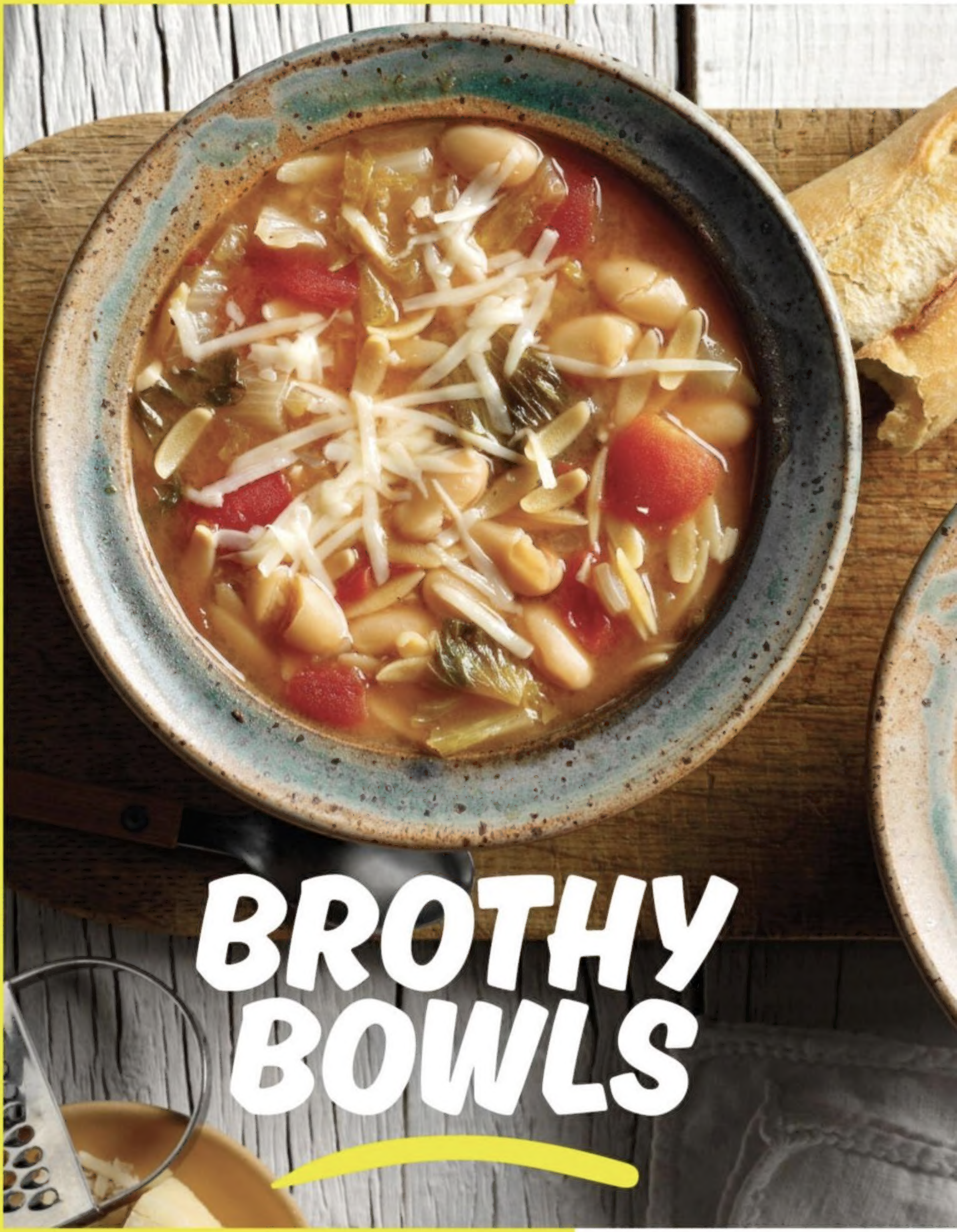
1. Avoid freezing soups with pasta, rice or potato pieces. These starches soak up liquid and get soggy when reheated. That said, pureed potatoes hold up just fine. If you really want to freeze one of these soups, hold the pasta, rice or potato pieces, and add them after you've thawed the soup.

2. Omit the dairy too. The freezer does weird stuff to the milk's texture, and the soup will taste grainy when it thaws. It's best to add milk and other dairy products when you're reheating the thawed soup.

3. Never freeze hot soup. If you do, it will develop large ice crystals and freeze unevenly, translating to mushy soup when you thaw it. For best freezing results, cool your soup to at least room temperature (but, preferably, below 40° in refrigerator) to help it freeze faster and better.

4. Think about portion size. Freezing your soup in one- or two-person portions makes for easy meal planning, and it also helps the soup freeze faster.

5. Opt for freezer-safe containers and leave about 1½ inches of headspace. Soup will expand as it freezes, and you don't want your container to crack or break. When you're ready to eat, run cold water over the outside of the container to loosen the soup. It will pop right out into your pot. Enjoy!


BROTHY
BOWLS

WHITE BEAN SOUP WITH ESCAROLE

Pantry staples make this healthy soup oh, so simple to prepare. When I can't find escarole, I use fresh spinach. Just add it to the soup pot moments before serving.
—Gina Samokar, North Haven, CT

Prep: **15 min.** • Cook: **35 min.**
Makes: **8 servings (2 qt.)**

- **1 Tbsp. olive oil**
- **1 small onion, chopped**
- **5 garlic cloves, minced**
- **3 cans (14½ oz. each) reduced-sodium chicken broth**
- **1 can (14½ oz.) diced tomatoes, undrained**
- **½ tsp. Italian seasoning**
- **¼ tsp. crushed red pepper flakes**
- **1 cup uncooked whole wheat orzo pasta**
- **1 bunch escarole or spinach, coarsely chopped (about 8 cups)**
- **1 can (15 oz.) cannellini beans, rinsed and drained**
- **¼ cup shredded Parmesan cheese**

1. In a Dutch oven, heat oil over medium heat. Add onion and garlic; cook and stir until tender. Add broth, tomatoes, Italian seasoning and pepper flakes; bring to a boil. Reduce heat; simmer, uncovered, 15 minutes.
2. Stir in orzo and escarole. Return to a boil; cook 12-14 minutes or until orzo is tender. Add beans; heat through, stirring occasionally. Sprinkle servings with cheese.
1 CUP SOUP WITH 1½ TSP. CHEESE 174 cal., 3g fat (1g sat. fat), 2mg chol., 572mg sod., 28g carb. (3g sugars, 8g fiber), 9g pro.
DIABETIC EXCHANGES 1 starch, 1 vegetable, 1 lean meat, ½ fat.

RED CURRY CARROT SOUP

With its mix of delicious colors, textures and flavors, this soup is something special.
—Dilnaz Heckman, Buckley, WA

Prep: **20 min.** • Cook: **15 min.**
Makes: **8 servings (2½ qt.)**

- **5 pkg. (3 oz. each) ramen noodles**
- **3 garlic cloves, minced**
- **2 Tbsp. peanut oil**
- **1 can (13.66 oz.) coconut milk, divided**
- **2 Tbsp. red curry paste**
- **1½ tsp. curry powder**
- **½ tsp. ground turmeric**
- **32 frozen fully cooked homestyle meatballs (½ oz. each)**
- **4 cups chicken broth**
- **1 medium zucchini, finely chopped**
- **1 medium carrot, halved and sliced**
- **¼ cup shredded cabbage**
- **2 tsp. fish sauce or soy sauce**
- **Optional garnishes: Bean sprouts, chow mein noodles, chopped fresh basil, green onions and microgreens**

1. Cook noodles according to package directions (discard seasoning packets or save for another use).
2. Meanwhile, in a Dutch oven, saute garlic in oil for 1 minute. Spoon ½ cup cream from top of coconut milk and place in pan. Add curry paste, curry powder and turmeric; cook and stir for 5 minutes or until oil separates from coconut milk mixture.
3. Stir in meatballs, broth, zucchini, carrot, cabbage, fish sauce and the remaining coconut milk. Bring to a boil. Reduce heat; simmer, uncovered, until carrot is tender and meatballs are heated through, 15-20 minutes. Drain noodles; stir into soup.
4. Garnish with bean sprouts, chow mein noodles, basil, green onions and microgreens if desired.
1¼ CUPS 438 cal., 21g fat (11g sat. fat), 52mg chol., 1059mg sod., 42g carb. (3g sugars, 1g fiber), 18g pro.

CHICKPEA TORTILLA SOUP

This vegan tortilla soup recipe is healthy, filling and family-friendly! We love how hearty and flavorful it is. We like to play around with the different toppings we add each time it's served.
—Julie Peterson, Crofton, MD

Takes: **30 min.**
Makes: **8 servings (3 qt.)**

- **1 Tbsp. olive oil**
- **1 medium red onion, chopped**
- **4 garlic cloves, minced**
- **1 to 2 jalapeno peppers, seeded and chopped, optional**
- **¼ tsp. pepper**
- **8 cups vegetable broth**
- **1 cup red quinoa, rinsed**
- **2 cans (15 oz. each) no-salt-added chickpeas or garbanzo beans, rinsed and drained**
- **1 can (15 oz.) no-salt-added black beans, rinsed and drained**
- **3 medium tomatoes, chopped**
- **1 cup fresh or frozen corn**
- **⅓ cup minced fresh cilantro**
- **Optional ingredients: Crushed tortilla chips, cubed avocado, lime wedges and additional chopped cilantro**

Heat oil in a Dutch oven over medium-high heat. Add red onion, garlic, jalapeno if desired, and pepper; cook and stir for 3-5 minutes or until tender. Add broth and quinoa. Bring to a boil; reduce heat. Simmer, uncovered, 10 minutes or until quinoa is tender. Add chickpeas, beans, tomatoes, corn and cilantro; heat through. If desired, serve with optional ingredients.
NOTE Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.
1½ CUPS 289 cal., 5g fat (0 sat. fat), 0 chol., 702mg sod., 48g carb. (5g sugars, 9g fiber), 13g pro.

Taste of Home 5-qt. Enameled Cast-Iron Dutch Oven with Lid $70
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HOT TIPS

Don't skip the lime wedges—the little bit of acid really perks up the flavor of the soup.

BUTTERNUT TURKEY SOUP

Although hearty with lots of nutritious vegetables and turkey, this soup is also light and luscious.
—Denise LaRoche, Hudson, NH

Prep: **30 min.** • Cook: **35 min.**
Makes: **6 servings (2 qt.)**

- **3 shallots, thinly sliced**
- **1 tsp. olive oil**
- **3 cups reduced-sodium chicken broth**
- **3 cups cubed peeled butternut squash (¾-in. cubes)**
- **2 medium red potatoes, cut into ½-in. cubes**
- **1½ cups water**
- **2 tsp. minced fresh thyme**
- **½ tsp. pepper**
- **2 whole cloves**
- **3 cups cubed cooked turkey breast**

1. In a large saucepan coated with cooking spray, cook shallots in oil over medium heat until tender. Stir in broth, squash, red potatoes, water, thyme and pepper.
2. Place cloves on a double thickness of cheesecloth; bring up corners of cloth and tie with string to form a bag. Stir into soup. Bring to a boil. Reduce heat; cover and simmer for 10-15 minutes or until vegetables are tender. Stir in turkey; heat through. Discard spice bag.
1⅓ CUPS 192 cal., 2g fat (0 sat. fat), 60mg chol., 332mg sod., 20g carb. (3g sugars, 3g fiber), 25g pro. **DIABETIC EXCHANGES**
3 lean meat, 1 starch.

READER RAVES

"Wow...this was so good! Hubby and I really enjoyed it. Will definitely make this again. Yum!"
—ROBBIEJACKSON, VISIT TASTEOFHOME.COM

Hover camera here!
Share your favorite recipe with *Taste of Home* readers!

SPICY PERUVIAN POTATO SOUP

This robust Peruvian soup (known there as *locro de papa*) has the comfort of potatoes and the warming spiciness of chiles. Light enough for a simple lunch, it's also satisfying served as a dinner meal.
—Taste of Home *Test Kitchen*

Prep: **35 min.** • Cook: **4 hours**
Makes: **8 servings (2 qt.)**

- **1 Tbsp. olive oil**
- **1 medium onion, chopped**
- **1 medium sweet red pepper, cut into 1-in. pieces**
- **3 garlic cloves, minced**
- **1 carton (32 oz.) chicken stock**
- **2 large Yukon Gold potatoes, peeled and cut into 1-in. cubes**
- **1 can (4 oz.) chopped green chiles**
- **½ cup minced fresh cilantro, divided**
- **½ to 1 serrano pepper, seeded and finely chopped**
- **2 tsp. ground cumin**
- **1 tsp. dried oregano**
- **¼ tsp. salt**
- **¼ tsp. pepper**
- **1 fully cooked Spanish chorizo link (3 oz.), chopped**
- **Optional toppings: Sour cream and cubed avocado**

1. In a large skillet, heat oil over medium-high heat. Add onion and sweet pepper; cook and stir 6-8 minutes or until crisp-tender. Add garlic; cook 1 minute longer. Transfer to a 4- or 5-qt. slow cooker. Add chicken stock, potatoes, chiles, ¼ cup cilantro, serrano pepper and seasonings. Cook, covered, on low for 4-6 hours or until potatoes are tender.
2. Remove soup from heat; cool slightly. Process in batches in a blender until smooth. Return to slow cooker. Stir in chorizo and remaining ¼ cup cilantro; heat through. If desired, serve with sour cream and avocado.
1 CUP 153 cal., 5g fat (1g sat. fat), 7mg chol., 472mg sod., 23g carb. (3g sugars, 2g fiber), 6g pro. **DIABETIC EXCHANGES** 1½ starch, 1 fat.

POTATO & CABBAGE SOUP

I can trace this recipe back to my great-grandmother, whose parents were potato farmers in Ireland.
—*Patricia Rimmel, Ford City, PA*

Prep: **10 min.** • Cook: **30 min.**
Makes: **14 servings (3½ qt.)**

- **1 large onion, chopped**
- **2 Tbsp. butter**
- **10 cups water**
- **6 cups chopped cabbage**
- **4 cups diced peeled potatoes**
- **1 large carrot, peeled, halved and sliced**
- **3 Tbsp. chicken bouillon granules**
- **½ tsp. coarsely ground pepper**
- **½ tsp. dried minced garlic**
- **4 cups cubed fully cooked ham**

In a large saucepan or Dutch oven, saute onion in butter until tender, 5-7 minutes. Add water, cabbage, potatoes, carrot, bouillon, pepper and garlic. Bring to a boil. Reduce heat; cover and simmer until potatoes are tender, 20-25 minutes. Stir in ham; heat through.
1 CUP 131 cal., 5g fat (2g sat. fat), 26mg chol., 1078mg sod., 12g carb. (3g sugars, 2g fiber), 9g pro.

GREEN CHILE POZOLE

This recipe combines parts of my nanny's and mother's recipes that were taught to me when I was young. An optional sprinkling of queso fresco on the top is an absolute delight in my opinion.
—Jaime Love, Las Vegas, NV

Prep: **10 min.** • Cook: **4 hours**
Makes: **6 servings (2 qt.)**

- **1 pork tenderloin (1 lb.), cut into 1-in. pieces**
- **2 cans (15 oz. each) hominy, rinsed and drained**
- **1 can (4 oz.) chopped green chiles**
- **¼ tsp. salt**
- **¼ tsp. pepper**
- **4 cups chicken broth, divided**
- **3 tomatillos, husked and chopped**
- **Optional toppings: Sliced avocado, jalapenos and radishes, and lime wedges, chopped cilantro and sour cream**

1. Place first 5 ingredients and 3¾ cups broth in a 3- or 4-qt. slow cooker. Puree tomatillos with remaining ¼ cup broth in a blender; stir into pork mixture.
2. Cook, covered, on low until pork is tender, 4-5 hours. Serve with toppings as desired.
1⅓ CUPS 173 cal., 3g fat (1g sat. fat), 46mg chol., 1457mg sod., 17g carb. (1g sugars, 4g fiber), 17g pro.

READER RAVES

"Wonderful traditional recipe, enjoyed by the entire family."

—JUDITH888, VISIT TASTEOFHOME.COM

CHICKEN MATZO BALL SOUP

The keys to this amazing chicken matzo ball soup are slow-cooking it and using boxed matzo ball mix. Some people swear by seltzer, but I find it's not necessary—the mix makes perfect, fluffy matzo balls every time due to its baking powder. Add chicken fat (schmaltz) for extra-authentic flavor. The matzo balls will taste as if they came straight from Grandma's kitchen.

—Shannon Sarna, South Orange, NJ

Prep: **30 min. + chilling**
Cook: **1½ hours**
Makes: **26 servings (6½ qt.)**

- **1 broiler/fryer chicken (3 to 4 lbs.)**
- **1 lb. chicken wings**
- **6 qt. water**
- **3 large carrots, chopped**
- **2 medium parsnips, peeled and chopped**
- **1 medium turnip, peeled and chopped**
- **1 large onion, chopped**
- **1 bunch fresh dill sprigs**
- **1 bunch fresh parsley sprigs**
- **1½ tsp. whole peppercorns**
- **3 tsp. salt**

MATZO BALLS

- **1 pkg. (5 oz.) matzo ball mix**
- **4 large eggs**
- **¼ cup safflower oil**
- **¼ cup rendered chicken fat**
- **2 Tbsp. snipped fresh dill**
- **2 Tbsp. minced fresh parsley**
- **10 cups water**

1. Place chicken and wings in a stockpot; add water, carrots, parsnips, turnip, onion, herbs and seasonings. Slowly bring to a boil. Reduce heat; simmer, covered, for 1-2 hours.

2. Remove chicken and wings and cool. Strain broth through a cheesecloth-lined colander; reserve vegetables. Skim off fat. Remove meat from bones and cut into bite-sized pieces; discard bones. Return broth, vegetables and meat to pot. If using immediately, skim off fat. Or cool broth, then refrigerate 8 hours or overnight; remove fat from surface before using. (Broth may be refrigerated up to 3 days or frozen 4-6 months.)

3. Meanwhile, in a large bowl, beat matzo ball mix, eggs, oil, chicken fat, dill and parsley until combined. Cover and refrigerate for at least 30 minutes.

4. In another stockpot, bring water to a boil. Drop rounded tablespoons of matzo ball dough into boiling water. Reduce heat; cover and simmer until a toothpick inserted into a matzo ball comes out clean (do not lift cover while simmering), 20-25 minutes.

5. Carefully remove matzo balls from water with a slotted spoon; place 1 matzo ball in each soup bowl. Add soup.

1 CUP 167 cal., 10g fat (2g sat. fat), 60mg chol., 523mg sod., 8g carb. (1g sugars, 1g fiber), 11g pro.

HOT TIPS

You can use chicken bouillon granules for the beef. Doing so will only slightly change the flavor.

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CONTEST-WINNING HEARTY HAMBURGER SOUP

At family get-togethers, our children always request this spirit-warming soup along with a fresh loaf of homemade bread and tall glasses of milk. It has robust flavor and plenty of fresh-tasting vegetables, and it's so easy to make.

—Barbara Brown, Janesville, WI

Prep: **15 min.** • Cook: **30 min.**
Makes: **8 servings (2 qt.)**

- **1 lb. ground beef**
- **4 cups water**
- **1 can (14½ oz.) diced tomatoes, undrained**
- **3 medium carrots, sliced**
- **2 medium potatoes, peeled and cubed**
- **1 medium onion, chopped**
- **½ cup chopped celery**
- **4 tsp. beef bouillon granules**
- **1½ tsp. salt**
- **¼ tsp. pepper**
- **¼ tsp. dried oregano**
- **1 cup cut fresh or frozen green beans**

1. In a large saucepan, brown beef; drain. Add the next 10 ingredients; bring to a boil.
2. Reduce heat; cover and simmer for 15 minutes or until potatoes and carrots are tender. Add green beans. Cover and simmer 15 minutes longer or until beans are tender.

1 CUP 167 cal., 7g fat (3g sat. fat), 35mg chol., 972mg sod., 15g carb. (5g sugars, 3g fiber), 12g pro.

Staub 7-qt. Cast-Iron Round Cocotte $470
zwilling.com

ON THE COVER

READER RAVES

"This is the best chicken soup that I ever made! You need to make this soup. I wouldn't change a thing."

—AMYD00, VISIT TASTEOFHOME.COM

COZY CHICKEN NOODLE SOUP

This satisfying soup with a hint of cayenne is brimming with vegetables, chicken and noodles. The recipe originally came from my father-in-law, but I made some changes to give it my own spin.
—Norma Reynolds, Overland Park, Kansas

Prep: **20 min.** • Cook: **5½ hours**
Makes: **12 servings (3 qt.)**

- **12 fresh baby carrots, cut into ½-inch pieces**
- **4 celery ribs, cut into ½-inch pieces**
- **¾ cup finely chopped onion**
- **1 tablespoon minced fresh parsley**
- **½ teaspoon pepper**
- **¼ teaspoon cayenne pepper**
- **1½ teaspoons mustard seed**
- **2 garlic cloves, peeled and halved**
- **1¼ pounds boneless skinless chicken breast halves**
- **1¼ pounds boneless skinless chicken thighs**
- **4 cans (14-½ ounces each) chicken broth**
- **1 package (9 ounces) refrigerated linguine**
- **Optional: Coarsely ground pepper and additional minced fresh parsley**

1. In a 5-qt. slow cooker, combine the first 6 ingredients. Place mustard seed and garlic on a double thickness of cheesecloth; bring up the corners of cloth and tie with kitchen string to form a bag. Place in slow cooker. Add chicken and broth. Cover and cook on low for 5-6 hours or until meat is tender.
2. Discard the spice bag. Remove chicken; cool slightly. Stir linguine into soup; cover and cook on high until pasta is tender, about 30 minutes longer. Cut chicken into pieces and return to soup; heat through. If desired, sprinkle with coarsely ground pepper and additional parsley.
1 CUP 199 cal., 6g fat (2g sat. fat), 73mg chol., 663mg sod., 14g carb. (2g sugars, 1g fiber), 22g pro. **DIABETIC EXCHANGES** 3 lean meat, 1 starch.

SINGAPORE NOODLE SOUP

This hearty noodle soup is a beloved favorite in Southeast Asia, especially Singapore, where it is called *laska*. It is perfect for busy dinners because it has protein, starch and vegetables cooked together in one pot. Every household has its own recipe. You can serve it with lime juice or chili garlic paste.
—Loanne Chiu, Fort Worth, TX

Prep: **15 min.** • Cook: **25 min.**
Makes: **6 servings (2¼ qt.)**

- **1 carton (32 oz.) seafood stock**
- **1 can (13.66 oz.) coconut milk**
- **2 Tbsp. grated fresh gingerroot**
- **2 Tbsp. massaman curry paste or red curry paste**
- **1 Tbsp. fish sauce or soy sauce**
- **3 tsp. grated lime zest**
- **2 tsp. brown sugar**
- **2 cups frozen stir-fry vegetable blend**
- **1 small sweet red pepper, chopped**
- **1½ lbs. uncooked shrimp (26-30 per lb.), peeled and deveined**
- **8 oz. refrigerated angel hair pasta**
- **2 Tbsp. lime juice**
- **2 Tbsp. chopped fresh basil**

1. In a large saucepan, combine the first 7 ingredients. Bring to a boil. Reduce heat; simmer, uncovered, 15 minutes.
2. Stir in vegetables and red pepper. Return to a boil. Add shrimp and pasta. Cook for 4-5 minutes or until shrimp turn pink and pasta is tender. Stir in lime juice and basil. If desired, garnish with additional basil leaves.
1½ CUPS 359 cal., 13g fat (11g sat. fat), 157mg chol., 952mg sod., 33g carb. (6g sugars, 2g fiber), 27g pro.

READER RAVES

"This soup came out really good. I will make this recipe again."

—SUEWERNER, VISIT TASTEOFHOME.COM

VEGETARIAN WHITE BEAN SOUP

Hearty with veggies and two kinds of beans, this fresh-tasting meatless soup makes a satisfying entree.

—Taste of Home *Test Kitchen*

Takes: **30 min.**
Makes: **10 servings (2½ qt.)**

- **2 small zucchini, quartered lengthwise and sliced**
- **1 cup each chopped onion, celery and carrot**
- **2 Tbsp. canola oil**
- **3 cans (14½ oz. each) vegetable broth**
- **1 can (15½ oz.) great northern beans, rinsed and drained**
- **1 can (15 oz.) cannellini beans, rinsed and drained**
- **1 can (14½ oz.) diced tomatoes, undrained**
- **½ tsp. dried thyme**
- **½ tsp. dried oregano**
- **¼ tsp. pepper**
- **Minced fresh oregano, optional**

In a large saucepan, saute zucchini, onion, celery and carrot in oil over medium heat for 5-7 minutes or until crisp-tender. Add the remaining ingredients except fresh oregano. Bring to a boil. Reduce the heat; cover and simmer until vegetables are tender, about 5 minutes. If desired, garnish with fresh oregano.

1 CUP 117 cal., 3g fat (0 sat. fat), 0 chol., 555mg sod., 17g carb. (3g sugars, 5g fiber), 5g pro. **DIABETIC EXCHANGES** 1 starch, ½ fat.

MEATBALL ALPHABET SOUP

Bite-sized meatballs made from ground turkey perk up this fun alphabet soup. A variety of vegetables are mixed in a rich tomato broth seasoned with herbs to make this delicious, wholesome soup. —Taste of Home *Test Kitchen*

Prep: **20 min.** • Cook: **35 min.**
Makes: **9 servings (about 3½ qt.)**

- **1 large egg, lightly beaten**
- **2 Tbsp. quick-cooking oats**
- **2 Tbsp. grated Parmesan cheese**
- **¼ tsp. garlic powder**
- **¼ tsp. Italian seasoning**
- **½ lb. lean ground turkey**
- **1 cup chopped onion**
- **1 cup chopped celery**
- **1 cup chopped carrots**
- **1 cup diced peeled potatoes**
- **1 Tbsp. olive oil**
- **2 garlic cloves, minced**
- **4 cans (14½ oz. each) reduced-sodium chicken broth**
- **1 can (28 oz.) diced tomatoes, undrained**
- **1 can (6 oz.) tomato paste**
- **¼ cup minced fresh parsley**
- **1 tsp. dried basil**
- **1 tsp. dried thyme**
- **¾ cup uncooked alphabet pasta**

1. In a bowl, combine first 5 ingredients. Crumble turkey over mixture and mix lightly but thoroughly. Shape into ½-in. balls. In a nonstick skillet, brown meatballs in small batches over medium heat until no longer pink. Remove from the heat; set aside.

2. In a large saucepan or Dutch oven, saute onion, celery, carrots and potatoes in oil until crisp-tender, about 5 minutes. Add garlic; saute 1 minute longer. Add broth, tomatoes, tomato paste, parsley, basil and thyme; bring to a boil. Add pasta; cook for 5-6 minutes. Reduce heat; add meatballs. Simmer, uncovered, until vegetables are tender, 15-20 minutes.

1½ CUPS 192 cal., 5g fat (1g sat. fat), 39mg chol., 742mg sod., 26g carb. (8g sugars, 4g fiber), 13g pro.

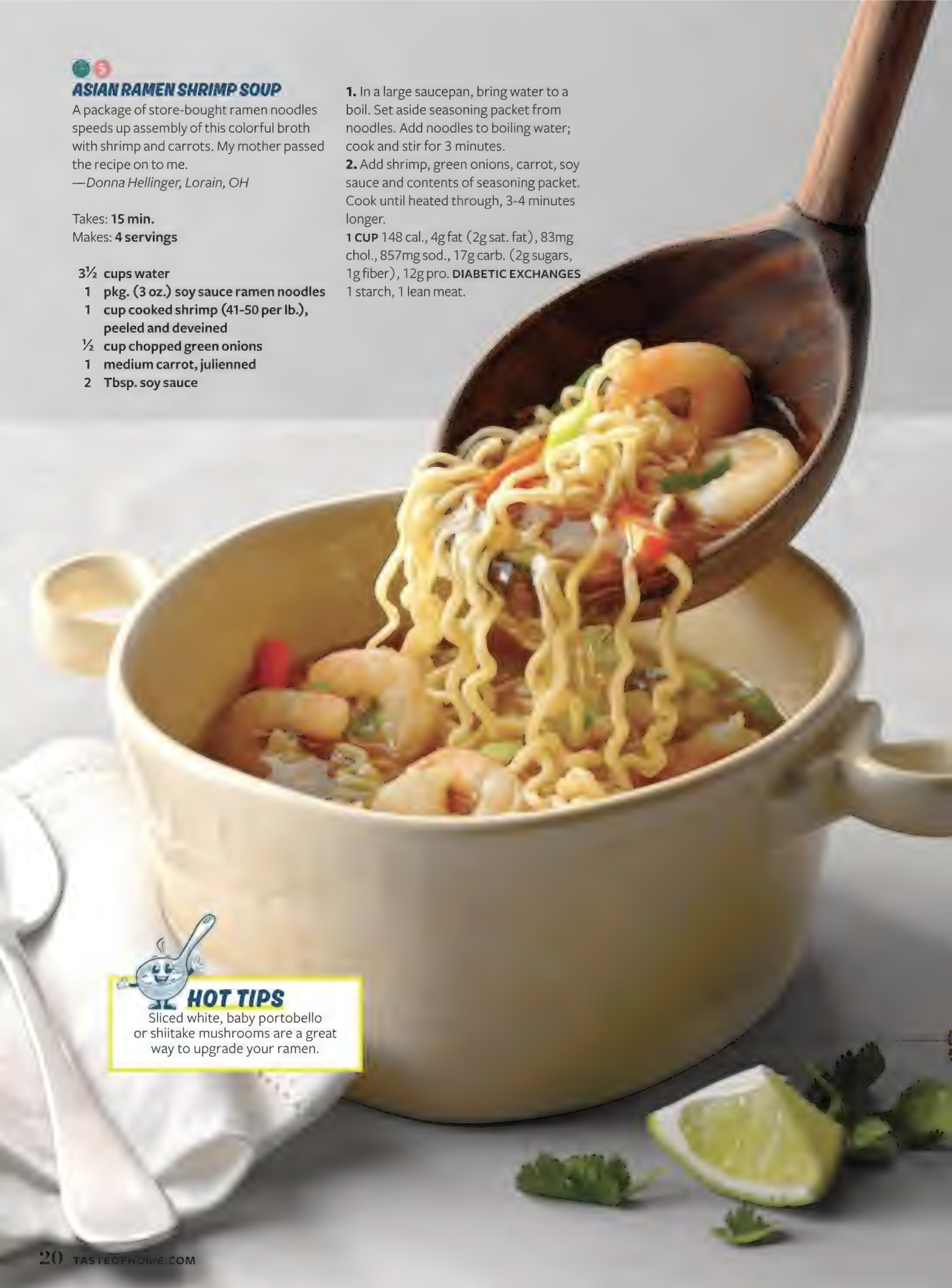
ASIAN RAMEN SHRIMP SOUP

A package of store-bought ramen noodles speeds up assembly of this colorful broth with shrimp and carrots. My mother passed the recipe on to me.
—Donna Hellinger, Lorain, OH

Takes: **15 min.**
Makes: **4 servings**

- **3½ cups water**
- **1 pkg. (3 oz.) soy sauce ramen noodles**
- **1 cup cooked shrimp (41-50 per lb.), peeled and deveined**
- **½ cup chopped green onions**
- **1 medium carrot, julienned**
- **2 Tbsp. soy sauce**

1. In a large saucepan, bring water to a boil. Set aside seasoning packet from noodles. Add noodles to boiling water; cook and stir for 3 minutes.
2. Add shrimp, green onions, carrot, soy sauce and contents of seasoning packet. Cook until heated through, 3-4 minutes longer.
1 CUP 148 cal., 4g fat (2g sat. fat), 83mg chol., 857mg sod., 17g carb. (2g sugars, 1g fiber), 12g pro. **DIABETIC EXCHANGES** 1 starch, 1 lean meat.



HOT TIPS

Sliced white, baby portobello or shiitake mushrooms are a great way to upgrade your ramen.

POZOLE

This spicy stewlike soup is traditionally served in New Mexico at holiday time to celebrate life's blessings, but it's good any time of year.
—Taste of Home *Test Kitchen*

Prep: **15 min. + soaking** • Cook: **65 min.**
Makes: **8 servings (2½ qt.)**

- **4 dried guajillo or pasilla chiles**
- **4 dried ancho chiles**
- **2 Tbsp. canola oil, divided**
- **1½ cups boiling water**
- **2 lbs. boneless pork, cut into 1-in. cubes**
- **½ cup chopped onion**
- **4 garlic cloves, minced**
- **3 cups chicken broth**
- **2 cans (29 oz. each) hominy, rinsed and drained**
- **1½ tsp. dried Mexican oregano**
- **1 tsp. salt**
- **Optional toppings: Lime wedges, sliced radishes, diced avocado and sliced red onion**

1. In a Dutch oven, saute chiles in 1 Tbsp. oil over medium heat until heated through, 1-2 minutes, pressing with a spatula (do not brown). Using a slotted spoon, transfer chiles to a bowl; add boiling water. Soak until softened, about 20 minutes. Remove stems and seeds, reserving water.
2. In the Dutch oven, brown the pork in remaining 1 Tbsp. oil in batches, sauteing onion and garlic with last batch of pork. Return all pork to pan and add broth. Bring to a boil. Reduce heat; cover and simmer until meat is tender, about 30 minutes.
3. Transfer chiles and soaking liquid to a blender; cover and process until smooth. Strain through a fine strainer, reserving pulp and discarding skins. Add pulp to pork mixture. Stir in hominy, oregano and salt. Cover and simmer for 20 minutes. Serve with optional toppings as desired.
NOTE: When handling chiles, disposable gloves are recommended. Avoid touching your face.
1¼ CUPS 333 cal., 11g fat (3g sat. fat), 68mg chol., 1588mg sod., 29g carb. (1g sugars, 8g fiber), 27g pro.

HOT TIPS

Chiles drive a lot of the flavor in this recipe, but this dish is more smoky and savory than spicy, making it enjoyable for a large range of palates.

RAVIOLI SOUP

We adore everything pasta, so I used it as the inspiration for this unique soup. The meaty tomato base pairs perfectly with the cheesy ravioli pillows. My family can't get enough of this dish!
—Shelley Way, Cheyenne, WY

Prep: **20 min.** • Cook: **45 min.**
Makes: **10 servings (2½ qt.)**

- **1 lb. ground beef**
- **2 cups water**
- **2 cans (one 28 oz., one 14½ oz.) crushed tomatoes**
- **1 can (6 oz.) tomato paste**
- **1½ cups chopped onions**
- **¼ cup minced fresh parsley**
- **2 garlic cloves, minced**
- **¾ tsp. dried basil**
- **½ tsp. sugar**
- **½ tsp. dried oregano**
- **½ tsp. onion salt**
- **½ tsp. salt**
- **¼ tsp. pepper**
- **¼ tsp. dried thyme**
- **1 pkg. (9 oz.) refrigerated cheese ravioli**
- **¼ cup grated Parmesan cheese**
- **Additional minced fresh parsley, optional**

1. In a Dutch oven, cook beef over medium heat until no longer pink, 5-7 minutes, breaking into crumbles; drain. Add water, tomatoes, tomato paste, onions, parsley, garlic, basil, sugar, oregano, onion salt, salt, pepper and thyme; bring to a boil. Reduce heat; cover and simmer for 30 minutes.
2. Cook ravioli according to the package directions; drain. Add to soup and heat through. Stir in Parmesan cheese. Sprinkle with additional parsley if desired.
1 CUP 235 cal., 8g fat (4g sat. fat), 42mg chol., 542mg sod., 25g carb. (5g sugars, 4g fiber), 17g pro.

ITALIAN BEEF VEGETABLE SOUP

This hearty beef soup features a ton of fresh vegetables, making it the perfect dish to use up all that summer produce. It's also fantastic during cooler weather! Make sure you serve this flavorful soup with some breadsticks, rolls or flaky biscuits.
—Courtney Stultz, Weir, KS

Prep: **20 min.** • Cook: **5 hours**
Makes: **6 servings**

- **½ lb. lean ground beef (90% lean)**
- **¼ cup chopped onion**
- **2 cups chopped cabbage**
- **2 medium carrots, chopped**
- **1 cup fresh Brussels sprouts, quartered**
- **1 cup chopped fresh kale**
- **1 celery rib, chopped**
- **1 Tbsp. minced fresh parsley**
- **½ tsp. pepper**
- **½ tsp. dried basil**
- **¼ tsp. salt**
- **3 cups beef stock**
- **1 can (14½ oz.) Italian diced tomatoes, undrained**

1. In a large skillet, cook beef with onion over medium-high heat until browned, 4-5 minutes, breaking meat into crumbles. Transfer to a 3- or 4-qt. slow cooker. Stir in remaining ingredients.
2. Cook, covered, on low for 5-6 hours or until carrots are tender.
FREEZE OPTION Freeze cooled soup in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally.
1 CUP 127 cal., 3g fat (1g sat. fat), 24mg chol., 617mg sod., 14g carb. (9g sugars, 3g fiber), 11g pro. **DIABETIC EXCHANGES** 1 starch, 1 lean meat.

HOT TIPS

To amp up the flavor of this soup even more, cook and crumble some Italian sausage along with the ground beef.

CARIBBEAN POTATO SOUP

An interesting blend of veggies that includes okra, kale and black-eyed peas goes into this bright and hearty soup. No kale on hand? Use spinach instead.
—*Crystal Jo Bruns, Iliff, CO*

Takes: **30 min.**
Makes: **6 servings (2¼ qt.)**

- **2 medium onions, chopped**
- **2 tsp. canola oil**
- **3 garlic cloves, minced**
- **2 tsp. minced fresh gingerroot**
- **2 tsp. ground coriander**
- **1 tsp. ground turmeric**
- **½ tsp. dried thyme**
- **¼ tsp. ground allspice**
- **5 cups vegetable broth**
- **2 cups cubed peeled sweet potato**
- **3 cups chopped fresh kale**
- **1 cup frozen sliced okra**
- **1 cup coconut milk**
- **1 cup canned diced tomatoes, drained**
- **1 cup canned black-eyed peas, rinsed and drained**
- **2 Tbsp. lime juice**

1. In a Dutch oven, saute onions in oil until tender. Add garlic, ginger and spices; cook 1 minute longer.
2. Stir in broth and sweet potato. Bring to a boil. Reduce heat; simmer, covered, for 5 minutes. Stir in kale and okra. Return to a boil; simmer, covered, until potato is tender, about 10 minutes longer. Add milk, tomatoes, peas and lime juice; heat through.
FREEZE OPTION Freeze cooled soup in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally; add broth or water if necessary.
1½ CUPS 213 cal., 10g fat (7g sat. fat), 0 chol., 954mg sod., 28g carb. (9g sugars, 6g fiber), 5g pro.

HOT TIPS

To quickly peel fresh garlic, gently crush the clove with the flat side of a large knife blade to loosen the peel. If you don't have a large knife, you can crush the garlic with a small can.

FIRE-ROASTED TOMATO MINESTRONE

This soup was created to accommodate special Christmas dinner guests who are vegetarians. It was so good we all enjoyed it. This can also be cooked on the stove for two hours on low simmer.

—Donna-Marie Ryan, Topsfield, MA

Prep: **20 min.** • Cook: **4½ hours**
Makes: **8 servings (about 3 qt.)**

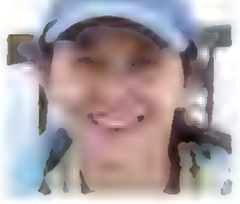
- **1 medium sweet onion, chopped**
- **1 cup cut fresh green beans**
- **1 small zucchini, cubed**
- **1 medium carrot, chopped**
- **1 celery rib, chopped**
- **2 garlic cloves, minced**
- **2 Tbsp. olive oil**
- **¼ tsp. salt**
- **¼ tsp. pepper**
- **2 cans (14½ oz. each) fire-roasted diced tomatoes**
- **1 can (15 oz.) cannellini beans, rinsed and drained**
- **1 carton (32 oz.) vegetable broth**
- **1 cup uncooked small pasta shells**
- **1 cup chopped fresh spinach**
- **Shredded Parmesan cheese, optional**

1. In a 5-qt. slow cooker, combine the first 9 ingredients. Add tomatoes and beans; pour in broth. Cook, covered, on low until vegetables are tender, 4-6 hours.

2. Stir in pasta; cook, covered, on low for 30-40 minutes or until pasta is tender. Stir in spinach before serving. If desired, top with shredded Parmesan cheese.

1⅓ CUPS 175 cal., 4g fat (1g sat. fat), 0 chol., 767mg sod., 29g carb. (7g sugars, 5g fiber), 6g pro.

THAI SHRIMP SOUP



This tasty crowd-pleasing soup comes together in minutes, and I like the fact that the ingredients are available in my little local grocery store.

—Jessie Grearson, Falmouth, ME

Prep: **20 min.** • Cook: **20 min.**
Makes: **8 servings (2 qt.)**

- **1 medium onion, chopped**
- **1 Tbsp. olive oil**
- **3 cups reduced-sodium chicken broth**
- **1 cup water**
- **1 Tbsp. brown sugar**
- **1 Tbsp. minced fresh gingerroot**
- **1 Tbsp. fish sauce or soy sauce**
- **1 Tbsp. red curry paste**
- **1 lemongrass stalk**
- **1 lb. uncooked large shrimp, peeled and deveined**
- **1½ cups frozen shelled edamame**
- **1 can (13.66 oz.) light coconut milk**
- **1 can (8¾ oz.) whole baby corn, drained and cut in half**
- **½ cup bamboo shoots**
- **¼ cup fresh basil leaves, julienned**
- **¼ cup minced fresh cilantro**
- **2 Tbsp. lime juice**
- **1½ tsp. grated lime zest**
- **1 tsp. curry powder**

1. In a Dutch oven, saute onion in oil until tender. Add broth, water, brown sugar, ginger, fish sauce, curry paste and lemongrass. Bring to a boil. Reduce heat; carefully stir in shrimp and edamame. Cook, uncovered, for 5-6 minutes or until shrimp turn pink.

2. Add coconut milk, corn, bamboo shoots, basil, cilantro, lime juice, lime zest and curry powder; heat through. Discard lemongrass.

1 CUP 163 cal., 7g fat (3g sat. fat), 69mg chol., 505mg sod., 9g carb. (5g sugars, 2g fiber), 14g pro. **DIABETIC EXCHANGES**
2 lean meat, 1 vegetable, 1 fat.

SLOW-COOKED FRENCH ONION SOUP

My husband and I love French onion soup, so I wondered if I could turn it into a less labor-intensive dish by altering my recipe to work in a slow cooker. The rich, cheesy result was an instant winner at home.
—Ronda Eagle, Goose Creek, SC

Prep: **30 min.** • Cook: **7 hours**
Makes: **8 servings (2 qt.)**

- **2 Tbsp. butter, cubed**
- **2 large sweet onions, halved and thinly sliced**
- **1 large red onion, halved and thinly sliced**
- **½ tsp. coarsely ground pepper**
- **2 cans (10½ oz. each) condensed beef broth, undiluted**
- **3 cups water**
- **¾ cup white wine or regular-strength beef broth**
- **2 fresh thyme sprigs**
- **1 fresh parsley sprig, optional**
- **1 bay leaf**
- **2 tsp. Worcestershire sauce**
- **16 slices French bread (¼ in. thick)**
- **¾ cup shredded Gruyere or Swiss cheese**

1. Place butter in a 5-qt. slow cooker. Top with sweet and red onions; sprinkle with pepper. Cook, covered, on low until onions are tender, 5-6 hours.
2. Stir in broth, water, wine, thyme, parsley, bay leaf and Worcestershire sauce. Cook, covered, on low for 2-3 hours or until flavors are blended. Remove herb sprigs and bay leaf.
3. To serve, preheat broiler. Place bread on a baking sheet; broil 4 in. from heat until lightly toasted, 1-2 minutes per side. Top bread with cheese; broil until cheese is melted, 1-2 minutes. Divide soup among eight bowls; top with cheese toasts and serve immediately.
1 SERVING 157 cal., 7g fat (4g sat. fat), 19mg chol., 706mg sod., 15g carb. (6g sugars, 1g fiber), 7g pro.

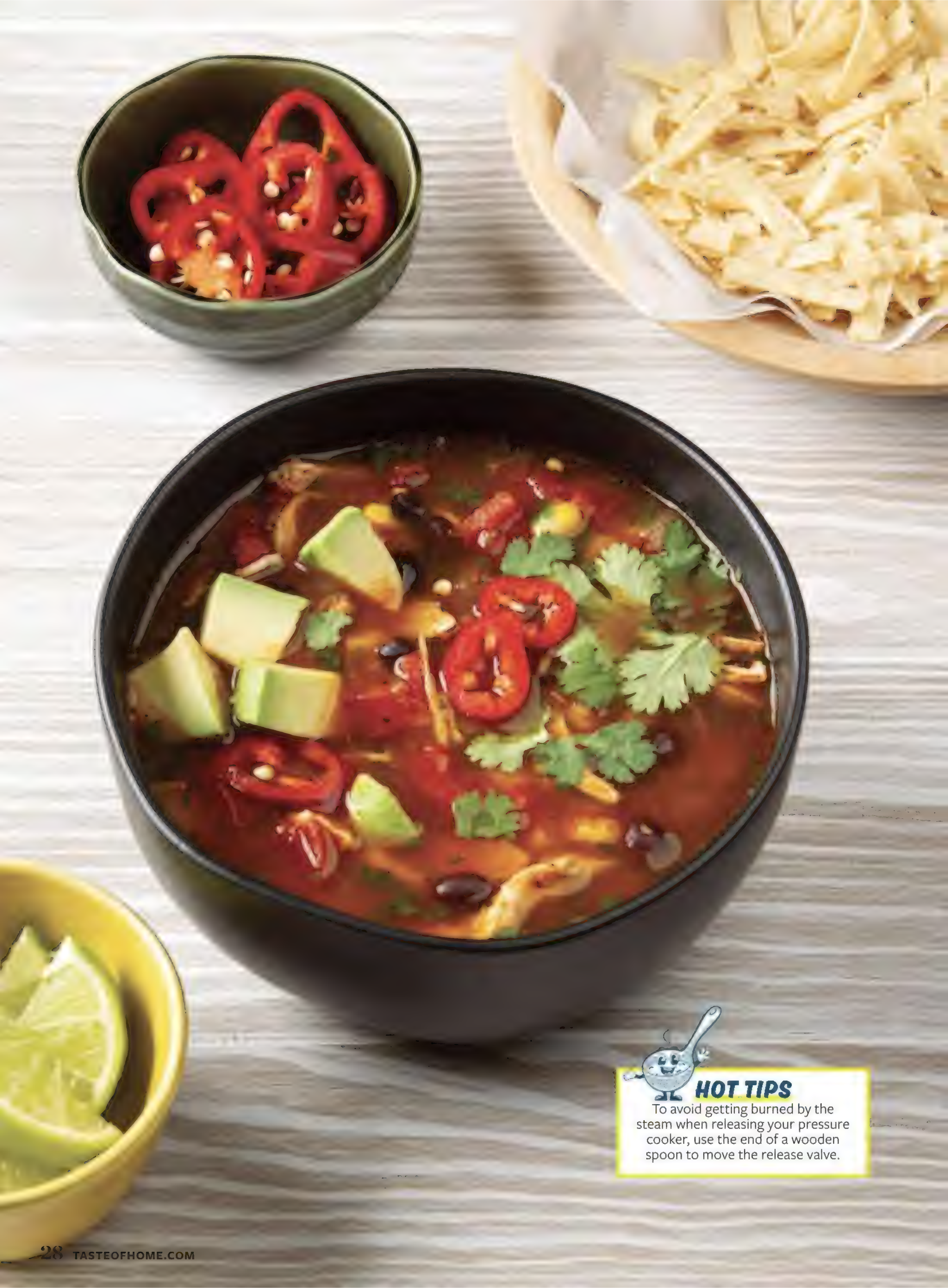
SLOW-COOKED BEEF VEGETABLE SOUP

Convenient frozen veggies and hash browns make this meaty soup a snap to make. Simply brown the ground beef, then stir everything together to simmer all day. It's wonderful served with bread and a salad.
—Carol Calhoun, Sioux Falls, SD

Prep: **10 min.** • Cook: **8 hours**
Makes: **10 servings (2½ qt.)**

- **1 lb. ground beef**
- **1 can (46 oz.) tomato juice**
- **1 pkg. (16 oz.) frozen mixed vegetables, thawed**
- **2 cups frozen cubed hash brown potatoes, thawed**
- **1 envelope onion soup mix**

1. In a large skillet, cook beef over medium heat until no longer pink, 5-7 minutes, crumbling meat; drain. Transfer to a 5-qt. slow cooker. Stir in juice, vegetables, hash brown potatoes and soup mix.
2. Cover and cook on low for 8-10 hours.
1 CUP 139 cal., 4g fat (2g sat. fat), 22mg chol., 766mg sod., 16g carb. (6g sugars, 3g fiber), 11g pro.



HOT TIPS

To avoid getting burned by the steam when releasing your pressure cooker, use the end of a wooden spoon to move the release valve.

PRESSURE-COOKER CHICKEN TORTILLA SOUP

Don't be shy about loading up the spices and shredded chicken into your pressure cooker. This soup tastes wonderful as leftovers the next day. Your family will thank you for this one!
—Karen Kelly, Germantown, MD

Prep: **10 min.**
Cook: **30 min. + releasing**
Makes: **10 servings (2½ qt.)**

- **1 Tbsp. canola oil**
- **1 medium onion, chopped**
- **3 garlic cloves, minced**
- **1 lb. boneless skinless chicken breasts**
- **1 carton (32 oz.) reduced-sodium chicken broth**
- **1 can (15 oz.) black beans, rinsed and drained**
- **1 can (14 oz.) fire-roasted diced tomatoes**
- **1½ cups frozen corn**
- **1 Tbsp. chili powder**
- **1 Tbsp. ground cumin**
- **1 tsp. paprika**
- **½ tsp. salt**
- **¼ tsp. pepper**
- **¼ cup minced fresh cilantro**
- **Optional: Crumbled tortilla chips, chopped avocado, jalapeno peppers and lime wedges**

1. Select saute setting on a 6-qt. electric pressure cooker and adjust for medium heat; add oil. Add onion; cook and stir 6-8 minutes or until tender. Add garlic; cook 1 minute longer. Press cancel. Add next 10 ingredients. Stir. Lock lid; close pressure-release valve.
2. Adjust to pressure-cook on high for 8 minutes. Allow pressure to naturally release for 12 minutes, then quick-release any remaining pressure.
3. Remove chicken from pressure cooker. Shred with 2 forks; return to the pressure cooker. Stir in cilantro. Serve with optional toppings as desired.
1 CUP 141 cal., 3g fat (0 sat. fat), 25mg chol., 580mg sod., 15g carb. (3g sugars, 3g fiber), 14g pro. **DIABETIC EXCHANGES** 2 lean meat, 1 starch.

SAUSAGE & SPINACH TORTELLINI SOUP

My husband's grandmother made this soup with her own homemade sausage and tortellini. We don't make those ingredients these days, but we're so happy to have the passed-down recipe—this version is almost as good as hers. It's also an excellent way to get the kids to eat spinach!
—Joyce Lulewicz, Brunswick, OH

Prep: **10 min.** • Cook: **30 min.**
Makes: **2 servings**

- **½ lb. bulk Italian sausage**
- **1 small onion, thinly sliced**
- **1 garlic clove, minced**
- **1 can (14½ oz.) reduced-sodium chicken broth**
- **½ cup water**
- **1½ cups torn fresh spinach**
- **¾ cup refrigerated cheese tortellini**
- **2 Tbsp. shredded Parmesan cheese**
- **Crushed red pepper flakes, optional**

1. In a small saucepan, cook sausage over medium heat until no longer pink; drain. Add onion; cook and stir until tender. Add garlic; cook 1 minute longer. Stir in broth and water; bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes.
2. Return to a boil. Reduce the heat; add spinach and tortellini. Cook until tortellini is tender, 7-9 minutes. Sprinkle with the Parmesan cheese. If desired, top with crushed red pepper flakes.
1¾ CUPS 354 cal., 19g fat (8g sat. fat), 64mg chol., 1360mg sod., 23g carb. (4g sugars, 2g fiber), 23g pro.

MEXI-STRONI SOUP

If you're a fan of classic minestrone but love bold Mexican flavors, this soup's for you! It's pumped up with spices, veggies, and pasta for a filling bowl of fun.
—*Darlene Island, Lakewood, WA*

Prep: **25 min.** • Cook: **7½ hours**
Makes: **10 servings (3¾ qt.)**

- **1½ lbs. beef stew meat (1-in. pieces)**
- **1½ cups shredded carrots**
- **½ cup chopped onion**
- **1 jalapeno pepper, seeded and minced, optional**
- **1 tsp. ground cumin**
- **1 tsp. chili powder**
- **¾ tsp. seasoned salt**
- **½ tsp. Italian seasoning**
- **2 cans (10 oz. each) diced tomatoes and green chiles, undrained**
- **2 cups spicy hot V8 juice**
- **1 carton (32 oz.) reduced-sodium beef broth**
- **1 medium zucchini, halved and thinly sliced**
- **2 cups finely shredded cabbage**
- **2 celery ribs, thinly sliced**
- **1 can (16 oz.) kidney beans, rinsed and drained**
- **1 can (15 oz.) black beans, rinsed and drained**
- **1 cup small pasta shells**
- **¼ cup chopped fresh cilantro**

Place first 11 ingredients in a 6- or 7-qt. slow cooker. Cook, covered, on low until meat is tender, 7-9 hours. Stir in zucchini, cabbage, celery, beans and pasta. Cook, covered, on high until vegetables and pasta are tender, 30-45 minutes, stirring occasionally. Stir in cilantro.
1½ CUPS 249 cal., 5g fat (2g sat. fat), 44mg chol., 816mg sod., 29g carb. (5g sugars, 6g fiber), 21g pro. **DIABETIC EXCHANGES** 2 starch, 2 lean meat.

HOT TIPS

The V8 juice and diced tomatoes with green chiles add nice heat. If you like it spicier still, go ahead and add the optional jalapeno.

PASTA FAGIOLI SOUP

My husband enjoys my version of this soup so much that he stopped ordering it at restaurants. He'd rather savor the version we can have at home. It's so easy to make, yet hearty enough to be a full dinner.
—Brenda Thomas, Springfield, MO

Takes: **30 min.** • Makes: **5 servings**

- **½ lb. Italian turkey sausage links, casings removed, crumbled**
- **1 small onion, chopped**
- **1½ tsp. canola oil**
- **1 garlic clove, minced**
- **2 cups water**
- **1 can (15½ oz.) great northern beans, rinsed and drained**
- **1 can (14½ oz.) diced tomatoes, undrained**
- **1 can (14½ oz.) reduced-sodium chicken broth**
- **¾ cup uncooked elbow macaroni**
- **¼ tsp. pepper**
- **1 cup fresh spinach leaves, cut as desired**
- **5 tsp. shredded Parmesan cheese**

1. In a large saucepan, cook sausage over medium heat until no longer pink; drain, remove from pan and set aside. In same pan, saute onion in oil until tender. Add garlic; saute 1 minute longer.
2. Add water, beans, tomatoes, broth, macaroni and pepper; bring to a boil. Cook, uncovered, until macaroni is tender, 8-10 minutes.
3. Reduce heat to low; stir in sausage and spinach. Cook until spinach is wilted, 2-3 minutes. Garnish with cheese.
1⅓ CUPS 228 cal., 7g fat (1g sat. fat), 29mg chol., 841mg sod., 27g carb. (4g sugars, 6g fiber), 16g pro. **DIABETIC EXCHANGES** 1½ starch, 1 vegetable, 1 lean meat, ½ fat.

MINTY PEA SOUP WITH LEMON

This is one of our favorite St. Patrick's Day recipes that also tastes great at other times of the year. Cayenne or lemon pepper can be added to the soup for a little kick.
—Laura Wilhelm, West Hollywood, CA

Takes: **30 min.** • Makes: **6 servings**

- **1 lb. fresh or frozen peas**
- **3 cups vegetable broth**
- **1 medium potato, peeled and chopped (about 1 cup)**
- **4 green onions, thinly sliced**
- **1 small lemon, quartered and seeded**
- **1 cup fresh mint leaves**
- **1 Tbsp. garlic powder**
- **½ tsp. flaky sea salt**
- **Optional: Nonfat Greek yogurt, croutons and fresh mint leaves**

1. In a Dutch oven, place peas, broth, potato, green onions and lemon. Cover and cook over medium heat for 15 minutes or until vegetables are tender. Remove from heat; cool slightly. Remove lemon quarters, squeezing out excess juice into soup. Stir in mint, garlic powder and salt. Process in batches in a blender until smooth; return to pan and heat through.
2. If desired, garnish with nonfat Greek yogurt, croutons and fresh mint leaves.
1 CUP 100 cal., 1g fat (0 sat. fat), 0 chol., 583mg sod., 19g carb. (5g sugars, 5g fiber), 6g pro. **DIABETIC EXCHANGES** 1 starch.

MANGO & COCONUT CHICKEN SOUP

I love preparing dinner in a slow cooker because it's carefree cooking. This chicken soup uses ingredients that I love, such as coconut milk, edamame and fresh ginger.
—Roxanne Chan, Albany, CA

Prep: **25 min.** • Cook: **6 hours**
Makes: **6 servings**

- **1 broiler/fryer chicken (3 to 4 lbs.), skin removed and cut up**
- **2 Tbsp. canola oil**
- **1 can (15 oz.) whole baby corn, drained**
- **1 pkg. (10 oz.) frozen chopped spinach, thawed**
- **1 cup frozen shelled edamame, thawed**
- **1 small sweet red pepper, chopped**
- **1 can (13.66 oz.) light coconut milk**
- **½ cup mango salsa**
- **1 tsp. minced fresh gingerroot**
- **1 medium mango, peeled and chopped**
- **2 Tbsp. lime juice**
- **2 green onions, chopped**

1. In a large skillet, brown chicken in oil in batches. Transfer chicken and drippings to a 5-qt. slow cooker. Add corn, spinach, edamame and sweet red pepper. In a small bowl, combine coconut milk, salsa and ginger; pour over vegetables.
2. Cover and cook on low for 6-8 hours or until chicken is tender. Remove chicken; cool slightly. When cool enough to handle, remove meat from bones; cut or shred meat into bite-sized pieces. Return meat to slow cooker.
3. Just before serving, stir in mango and lime juice. Sprinkle servings with green onions.
1 SERVING 338 cal., 17g fat (6g sat. fat), 73mg chol., 362mg sod., 15g carb. (8g sugars, 4g fiber), 29g pro.

HOLIDAY TORTELLINI SOUP

Hearty and full of flavor, this holiday tortellini soup freezes well if you want to make it ahead or have leftovers to save for another day.
—Michelle Goggins, Cedarburg, WI

Prep: **15 min.** • Cook: **35 min.**
Makes: **8 servings (2 qt.)**

- **2 Tbsp. olive oil**
- **2 oz. pancetta or bacon, finely diced**
- **1 medium onion, finely chopped**
- **3 garlic cloves, minced**
- **1 can (49½ oz.) chicken broth**
- **2 tsp. Italian seasoning**
- **1 pkg. (9 oz.) refrigerated cheese tortellini**
- **1 can (28 oz.) crushed tomatoes in puree**
- **8 oz. fresh spinach, rinsed and chopped**
- **Salt and pepper to taste**
- **1 cup freshly shredded Parmesan cheese**

1. Heat oil in a Dutch oven over medium heat. Add pancetta. Cook until crisp. Add onion; cook 3-4 minutes or until tender. Add garlic; cook 1 minute longer. Add broth and Italian seasoning; bring to a boil and simmer for 5 minutes.
2. Meanwhile, cook tortellini according to package directions; drain. Add cooked tortellini to soup mixture. Stir in crushed tomatoes and simmer for 5 minutes. Add spinach and cook just until wilted. Season with salt and pepper. Garnish with Parmesan cheese.
1 CUP 238 cal., 11g fat (4g sat. fat), 28mg chol., 1316mg sod., 26g carb. (7g sugars, 3g fiber), 11g pro.

CANADIAN CHEESE SOUP

My family loves Canadian bacon, but I don't run across a lot of dishes that call for this pork product. Everyone was thrilled the first time I offered this succulent soup.
—Jolene Roudebush, Troy, MI

Prep: **15 min.** • Cook: **30 min.**
Makes: **8 servings (2 qt.)**

- **3 cups chicken broth**
- **4 medium potatoes, peeled and diced**
- **2 celery ribs, diced**
- **1 medium carrot, diced**
- **1 small onion, diced**
- **6 oz. Canadian bacon, diced**
- **2 Tbsp. butter**
- **2 Tbsp. all-purpose flour**
- **1 cup whole milk**
- **2 cups shredded cheddar cheese**
- **⅛ tsp. pepper**

1. In a Dutch oven or soup kettle, combine first 5 ingredients; bring to a boil. Reduce heat; cover and simmer for 20 minutes or until vegetables are very tender. With a potato masher, mash vegetables several times. Add Canadian bacon; continue to simmer.

2. Meanwhile, melt the butter in a small saucepan; stir in the flour and cook, stirring constantly, for 1 minute. Gradually whisk in milk. Bring to a boil; boil and stir for 2 minutes (mixture will be thick). Add vegetable mixture, stirring constantly. Remove from the heat; add cheese and pepper. Stir just until cheese is melted.

1 CUP 284 cal., 15g fat (8g sat. fat), 46mg chol., 770mg sod., 25g carb. (4g sugars, 3g fiber), 14g pro.

CREAMY CREATIONS

HOT TIPS

Yellow and green split peas can be used interchangeably in soup recipes like this.

YELLOW SPLIT PEA SOUP

This is a terrific new twist on traditional pea soup. It tastes wonderful and has a sunny yellow color.
—Lynn Jurss, Thousand Oaks, CA

Prep: **20 min.**
Cook: **65 min.**
Makes: **8 servings (2 qt.)**

- **1 Tbsp. butter**
- **1 Tbsp. olive oil**
- **1 large onion, coarsely chopped**
- **1 large celery rib with leaves, chopped**
- **6 cups chicken broth**
- **1 lb. dried yellow split peas**
- **2 Tbsp. lemon juice**
- **½ tsp. ground cumin**
- **½ tsp. pepper**
- **2 Tbsp. minced fresh parsley**
- **¼ cup pistachios**

1. Heat butter and oil in a large saucepan over medium heat; add onion and celery. Cook and stir until tender, 3-5 minutes. Stir in broth; bring to a boil. Add peas; return to a boil. Reduce heat; cover and simmer until peas are tender, about 1 hour.

2. Stir in lemon juice, cumin and pepper; simmer for 5 minutes. Remove soup from heat; cool slightly. Process in batches in a blender until smooth. Return to pan; heat through. Garnish with parsley and pistachios.

1 CUP 267 cal., 6g fat (1g sat. fat), 4mg chol., 687mg sod., 40g carb. (7g sugars, 15g fiber), 15g pro. **DIABETIC EXCHANGES** 3 starch, 2 lean meat, 1 fat.

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POTATO BEER CHEESE SOUP

This satisfying potato soup has a velvety texture that's not too thick or too thin. The subtle flavors of beer and cheese balance each other nicely, creating a soup that's sure to warm you head to toe.
—Patti Lavell, Islamorada, FL

Prep: **25 min.** • Cook: **30 min.**
Makes: **8 servings (2 qt.)**

- **2 lbs. potatoes (about 6 medium), peeled and cubed**
- **1 small onion, chopped**
- **2 cups water**
- **1½ cups 2% milk**
- **1 cup beer or chicken broth**
- **2 Tbsp. Worcestershire sauce**
- **2 chicken bouillon cubes**
- **¾ tsp. salt**
- **½ tsp. ground mustard**
- **½ tsp. white pepper**
- **2 cups shredded cheddar cheese**
- **Optional: Salad croutons, crumbled cooked bacon, minced chives and coarsely ground pepper**

1. Place the potatoes, onion and water in a large saucepan. Bring to a boil. Reduce heat; cover and cook for 15-20 minutes or until tender. Remove from the heat; cool slightly (do not drain). In a blender, cover and process mixture in batches until smooth. Return all to the pan and heat through.
2. Stir in the milk, beer, Worcestershire sauce, bouillon, salt, mustard and white pepper; heat through. Stir in cheese just until melted. If desired, top with croutons, bacon, chives and/or pepper.
1 CUP 225 cal., 11g fat (6g sat. fat), 32mg chol., 711mg sod., 21g carb. (5g sugars, 1g fiber), 10g pro.

CHEESY TORTILLA SOUP

My daughter came up with this dish when trying to duplicate a soup she sampled at a restaurant. I always pass on to her the rave reviews.
—LaVonda Owen, Marlow, OK

Prep: **10 min. + marinating**
Cook: **15 min.** • Makes: **8 servings (2 qt.)**

- **1 envelope chicken fajita seasoning mix**
- **4 boneless skinless chicken breast halves**
- **2 Tbsp. canola oil**
- **½ cup chopped onion**
- **¼ cup butter, cubed**
- **⅓ cup all-purpose flour**
- **2 cans (14½ oz. each) chicken broth**
- **⅓ cup canned diced tomatoes with chiles**
- **1 cup cubed Velveeta**
- **1½ cups shredded Monterey Jack cheese, divided**
- **1½ cups half-and-half cream**
- **½ cup shredded cheddar cheese**
- **Guacamole and tortilla chips**

1. Prepare fajita mix according to package directions; add chicken and marinate as directed. In a large skillet, cook chicken in oil until no longer pink; remove from skillet and cool slightly. Using 2 forks, shred the chicken; set aside.
2. In a large saucepan, saute onion in butter until tender. Stir in the flour until blended. Gradually stir in broth. Bring to a boil. Cook and stir for 2 minutes or until thickened and bubbly. Add the tomatoes, Velveeta and 1 cup Monterey Jack; cook and stir until cheese is melted.
3. Stir in cream and the reserved chicken; heat through (do not boil). Sprinkle with cheddar and remaining Monterey Jack cheese; top with guacamole and chips.
1 CUP 395 cal., 27g fat (15g sat. fat), 109mg chol., 1273mg sod., 11g carb. (4g sugars, 0 fiber), 23g pro.

Staub 7-qt. Cast-Iron Round Cocotte $440
zwilling.com

CREAMY CHICKEN GNOCCHI SOUP

I tasted a similar soup at Olive Garden and wanted to try to make it myself. Here's the delicious result!
—Jaclynn Robinson, Shingletown, CA

Prep: **25 min.** • Cook: **15 min.**
Makes: **8 servings (2 qt.)**

- **1 lb. boneless skinless chicken breasts, cut into ½-in. pieces**
- **⅓ cup butter, divided**
- **1 small onion, chopped**
- **1 medium carrot, shredded**
- **1 celery rib, chopped**
- **2 garlic cloves, minced**
- **⅓ cup all-purpose flour**
- **3½ cups 2% milk**
- **1½ cups heavy whipping cream**
- **1 Tbsp. reduced-sodium chicken bouillon granules**
- **¼ tsp. coarsely ground pepper**
- **1 pkg. (16 oz.) potato gnocchi**
- **½ cup chopped fresh spinach**

1. In a Dutch oven, brown the chicken in 2 Tbsp. butter. Remove and keep warm. In the same pan, saute the onion, carrot, celery and garlic in remaining butter until tender.
2. Whisk in flour until blended; gradually stir in the milk, cream, bouillon and pepper. Bring to a boil. Reduce heat; cook and stir until thickened, about 2 minutes.
3. Add the gnocchi and spinach; cook until spinach is wilted, 3-4 minutes. Add the chicken. Cover and simmer until heated through (do not boil), about 10 minutes.
1 CUP 482 cal., 28g fat (17g sat. fat), 125mg chol., 527mg sod., 36g carb. (10g sugars, 2g fiber), 21g pro.

SLOW-COOKER CURRIED PUMPKIN SOUP

Looking for something new to beat the dinnertime doldrums? Try my pumpkin soup! A touch of curry powder lends an aromatic spiced appeal, while whipping cream gives the soup its silky texture.
—Debbie Flocco, Norristown, PA

Prep: **20 min.**
Cook: **6 hours**
Makes: **8 servings**

- **2½ cups water**
- **1 can (15 oz.) pumpkin**
- **2 medium tomatoes, quartered**
- **1 medium potato, peeled and diced**
- **1 medium onion, chopped**
- **2 to 3 tsp. curry powder**
- **2 tsp. chicken bouillon granules**
- **½ tsp. salt**
- **⅛ tsp. cayenne pepper**
- **⅛ tsp. pepper**
- **1 cup 2% milk**
- **½ cup heavy whipping cream**
- **Optional: Pepitas and crushed red pepper flakes**

1. In a 3-qt. slow cooker, combine the first 10 ingredients. Cover and cook on low for 5½-6½ hours or until vegetables are tender.
2. In a blender, process soup in batches until smooth. Return all to slow cooker. Stir in milk and cream. Cook on high for 30 minutes or until heated through. If desired, garnish with additional heavy cream, pepitas and crushed red pepper flakes.
¾ CUP 121 cal., 7g fat (4g sat. fat), 24mg chol., 381mg sod., 13g carb. (6g sugars, 4g fiber), 3g pro. **DIABETIC EXCHANGES** 1 starch, 1 fat.

CREAMY TORTELLINI SOUP

Rich and mild, this creamy, indulgent soup gets added oomph from red pepper flakes and wine. If you'd like, you can add Italian sausage—sliced or crumbled—either cooked in the skillet as part of the first step or cooked separately and added at the end.
—Taste of Home *Test Kitchen*

Prep: **15 min.** • Cook: **15 min.**
Makes: **6 servings**

- **2 Tbsp. olive oil**
- **3 medium carrots, chopped**
- **1 large onion, chopped**
- **4 garlic cloves, minced**
- **¼ cup all-purpose flour**
- **½ cup dry white wine**
- **2 cans (14½ oz. each) vegetable broth**
- **1 pkg. (9 oz.) refrigerated cheese tortellini**
- **1 tsp. Italian seasoning**
- **¾ tsp. salt**
- **½ tsp. pepper**
- **Crushed red pepper flakes, optional**
- **1 cup heavy whipping cream**
- **4 cups chopped fresh spinach**
- **Grated Parmesan cheese, optional**

1. In a Dutch oven, heat oil over medium heat. Add carrots and onion; cook and stir until crisp-tender, 6-8 minutes. Add garlic; cook and stir 1 minute longer. Stir in flour until blended; add white wine. Increase heat and cook, stirring occasionally until the wine is reduced by half, 2-3 minutes. Gradually whisk in broth. Bring to a boil, stirring constantly; cook and stir until slightly thickened, 3-5 minutes.
2. Add tortellini, Italian seasoning, salt and pepper and, if desired, crushed red pepper flakes. Reduce heat and cook, uncovered, just until tortellini are tender, 3-5 minutes. Stir in cream and spinach; cook and stir just until spinach is wilted, 1-2 minutes longer. If desired, serve with grated Parmesan cheese and top with additional crushed red pepper flakes.
1 CUP 345 cal., 21g fat (11g sat. fat), 64mg chol., 720mg sod., 33g carb. (6g sugars, 3g fiber), 9g pro.

CREAM OF CHICKEN NOODLE SOUP

When we were at a restaurant, my husband remarked that I could make a better soup than they could. A challenge! We began discussing what we'd add or take out, and soon came up with this comforting soup.
—Donnie Kingman, San Jacinto, CA

Prep: **30 min.** • Cook: **50 min.**
Makes: **8 servings (2 qt.)**

- **2 medium onions**
- **2 celery ribs**
- **4 cups water**
- **3 boneless skinless chicken breast halves (6 oz. each)**
- **1½ tsp. salt**
- **¼ tsp. pepper**
- **2 Tbsp. butter**
- **1 can (14½ oz.) chicken broth**
- **1 large carrot, chopped**
- **1 medium potato, peeled and chopped**
- **2 tsp. chicken bouillon granules**
- **1½ tsp. dried basil**
- **2 cups uncooked wide egg noodles**
- **1¾ cups whole milk, divided**
- **⅓ cup all-purpose flour**

1. Chop 1 onion and 1 celery rib; set aside. Cut the remaining onion and celery into chunks; place in a Dutch oven. Add the water, chicken, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 25-30 minutes or until a thermometer inserted in chicken reads 165°. Remove chicken and strain broth; set both aside.
2. In the same pan, saute chopped onion and celery in butter until tender. Add the canned broth, carrot, potato, bouillon, basil and reserved broth. Bring to a boil. Reduce heat; cover and simmer until vegetables are tender, 20-30 minutes.
3. Add noodles. Return to a boil; cook for 6-8 minutes or until noodles are tender. Cut chicken into chunks; add to soup. Stir in 1¼ cups milk; heat through.
4. Combine flour and remaining ½ cup milk until smooth; add to soup, stirring constantly. Bring to a boil; cook and stir for 2 minutes or until thickened.
1 CUP 218 cal., 7g fat (3g sat. fat), 56mg chol., 934mg sod., 21g carb. (5g sugars, 2g fiber), 18g pro.

HOT TIPS

To make things easier, go ahead and buy a precooked rotisserie chicken instead of cooking the chicken breasts.

Signature Round 5½-qt.
Dutch Oven $420
lecreuset.com

SMOKY & SPICY VEGETABLE BISQUE

On an ordinary night, I make my bisque a complete meal by serving it with a side of bruschetta or a Caprese salad. For a special-occasion feast, it makes a lovely first course, setting off the richer dishes beautifully with a bit of heat and smoke.
—Juliana Inhofer, Rocklin, CA

Prep: **1 hour** • Cook: **30 min.**
Makes: **6 servings**

- **2 large onions, cut into 8 wedges**
- **4 large tomatoes, cut into 8 wedges**
- **1 large sweet red pepper, cut into 8 wedges**
- **4 garlic cloves, halved**
- **¼ cup olive oil**
- **2 cans (14½ oz. each) reduced-sodium chicken broth**
- **½ cup fat-free half-and-half**
- **½ cup coarsely chopped fresh basil**
- **1 small chipotle pepper in adobo sauce, seeded**
- **½ tsp. pepper**
- **¼ tsp. salt**
- **Fresh basil leaves, optional**

1. Line a 15x10x1-in. baking pan with foil and coat foil with cooking spray. Place the onions, tomatoes, red pepper and garlic in pan. Drizzle with oil and toss to coat.
2. Bake, uncovered, at 425° until tender and browned, 40-45 minutes, stirring occasionally.
3. In a large saucepan, combine broth, half-and-half, chopped basil, chipotle pepper, pepper, salt and roasted vegetables. Bring to a boil. Reduce heat; simmer, uncovered, for 20-25 minutes. Cool slightly.
4. In a blender, process soup in batches until smooth. Return all to the pan; heat through. Garnish with basil leaves if desired.
1 CUP 157 cal., 9g fat (1g sat. fat), 0 chol., 528mg sod., 15g carb. (9g sugars, 3g fiber), 5g pro.

CREAMY GARLIC & MUSHROOM SOUP

Cool, crisp winter evenings call for comforting bowls of rich and creamy soup. It makes a terrific first course at holiday meals.
—Mandy Howison, Renfrew, PA

Prep: **15 min.** • Cook: **30 min.**
Makes: **13 servings (3¼ qt.)**

- **1 lb. medium fresh mushrooms, sliced**
- **1 lb. sliced baby portobello mushrooms**
- **½ lb. sliced fresh shiitake mushrooms**
- **7 Tbsp. butter**
- **12 garlic cloves, minced**
- **2 green onions, chopped**
- **½ cup all-purpose flour**
- **2 cans (14½ oz. each) chicken broth**
- **3⅓ cups 2% milk**
- **1⅔ cups heavy whipping cream**
- **4 tsp. minced fresh thyme or 1½ tsp. dried thyme**
- **2 tsp. minced fresh basil or ¾ tsp. dried basil**
- **1 tsp. salt**
- **1 tsp. pepper**
- **Minced fresh parsley**

1. In a Dutch oven, saute mushrooms in butter in batches until tender. Return all to the pan; add garlic and green onions. Cook and stir for 2 minutes. Sprinkle with flour; stir until blended.
2. Gradually stir in broth and milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in the cream, thyme, basil, salt and pepper; heat through. Sprinkle each serving with parsley.
1 CUP 246 cal., 20g fat (12g sat. fat), 66mg chol., 539mg sod., 13g carb. (5g sugars, 1g fiber), 6g pro.

CREAM OF CAULIFLOWER SOUP

This mildly cheesy cauliflower soup is a favorite of mine. I make it often in summer, although it's good any time.
—Karen Brown, West Lafayette, OH

Takes: **20 min.** • Makes: **6 servings**

- **⅓ cup thinly sliced green onions (tops only)**
- **2 Tbsp. butter**
- **2 Tbsp. all-purpose flour**
- **½ tsp. salt**
- **2 cups chicken broth**
- **2¼ cups frozen cauliflower, thawed and chopped**
- **2 cups 1% milk**
- **1½ cups shredded reduced-fat cheddar cheese**
- **2 Tbsp. dry sherry, optional**
- **1 Tbsp. minced chives**

1. In a saucepan, saute onions in butter until tender. Stir in flour and salt until blended. Gradually add broth. Bring to a boil; cook and stir until thickened, about 2 minutes. Reduce heat.
2. Add cauliflower; simmer for 2 minutes. Add the milk and cheese; cook and stir until cheese is melted. Stir in sherry if desired. Garnish with chives.
1 CUP 186 cal., 11g fat (6g sat. fat), 36mg chol., 792mg sod., 10g carb. (6g sugars, 1g fiber), 13g pro.`

EASY BUTTERNUT SQUASH SOUP

When the weather turns cold, get cozy with a bowl of this butternut squash soup. The cream adds richness, but if you're looking to cut calories, it can be omitted.
—Taste of Home *Test Kitchen*

Takes: **30 min.**
Makes: **9 servings (2¼ qt.)**

- **1 Tbsp. olive oil**
- **1 large onion, chopped**
- **3 garlic cloves, minced**
- **1 medium butternut squash (3 lbs.), peeled and cubed**
- **4 cups vegetable broth**
- **¾ tsp. salt**
- **¼ tsp. pepper**
- **½ cup heavy whipping cream**
- **Optional: Additional heavy whipping cream and crispy sage leaves**

1. In a large saucepan, heat oil over medium heat. Add onion; cook and stir until tender. Add garlic; cook 1 minute longer.
2. Stir in squash, broth, salt and pepper; bring to a boil. Reduce heat; simmer, covered, 10-15 minutes or until squash is tender. Puree soup using an immersion blender, or cool slightly and puree soup in batches in a blender; return to pan. Add cream; cook and stir until heated through. If desired, garnish with additional heavy whipping cream and crispy sage.
1 CUP 157 cal., 7g fat (4g sat. fat), 17mg chol., 483mg sod., 23g carb. (6g sugars, 6g fiber), 3g pro.

POTATO & LEEK SOUP

Chock-full of veggies and bacon, with just a little tanginess from sour cream, bowls of this comforting soup taste just as great with sandwiches as they do with crackers.
—*Melanie Wooden, Reno, NV*

Prep: **20 min.** • Cook: **8 hours**
Makes: **8 servings (2 qt.)**

- **4 cups chicken broth**
- **3 medium potatoes, peeled and cubed**
- **1½ cups chopped cabbage**
- **2 medium carrots, chopped**
- **1 medium leek (white portion only), chopped**
- **1 medium onion, chopped**
- **¼ cup minced fresh parsley**
- **½ tsp. salt**
- **½ tsp. caraway seeds**
- **½ tsp. pepper**
- **1 bay leaf**
- **½ cup sour cream**
- **1 lb. bacon strips, cooked and crumbled**

1. Combine the first 11 ingredients in a 4- or 5-qt. slow cooker. Cover and cook on low until vegetables are tender, 8-10 hours.
2. Before serving, combine sour cream with 1 cup soup; return all to the slow cooker. Stir in bacon and discard bay leaf.
1 CUP 209 cal., 11g fat (4g sat. fat), 27mg chol., 1023mg sod., 18g carb. (4g sugars, 2g fiber), 10g pro.

CREAMY RED PEPPER SOUP

Everyone loves this soup's taste, but no one can guess the secret ingredient—pears!
—Connie Summers, Augusta, MI

Prep: **15 min.** • Cook: **30 min.**
Makes: **12 servings (3 qt.)**

- **2 large onions, chopped**
- **¼ cup butter, cubed**
- **4 garlic cloves, minced**
- **2 large potatoes, peeled and diced**
- **2 jars (7 oz. each) roasted red peppers, drained, patted dry and chopped**
- **5 cups chicken broth**
- **2 cans (15 oz. each) pears in juice**
- **⅛ tsp. cayenne pepper**
- **⅛ tsp. black pepper**
- **Optional: Chopped chives, heavy cream and croutons**

1. In a Dutch oven, saute onions in butter until tender. Add garlic; cook 1 minute longer. Add the potatoes, red peppers and broth. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until vegetables are tender. Remove from the heat. Add pears with juice; cool slightly.
2. Using a blender, puree soup in batches. Return to the pan. Stir in cayenne and black pepper. Cook until heated through. If desired, serve with chopped chives, heavy cream and croutons.
1 CUP 127 cal., 4g fat (2g sat. fat), 10mg chol., 494mg sod., 20g carb. (9g sugars, 2g fiber), 3g pro.

TURKEY-SWEET POTATO SOUP

A batch of this soup brings the nostalgic flavors and heartwarming feel of the holidays at any time of year.
—Radine Kellogg, Fairview, IL

Prep: **20 min.** • Cook: **30 min.**
Makes: **4 servings**

- **2 medium sweet potatoes, peeled and cubed**
- **2 cups water**
- **2 tsp. sodium-free chicken bouillon granules**
- **1 can (14¾ oz.) cream-style corn**
- **1 Tbsp. minced fresh sage**
- **¼ tsp. pepper**
- **1 Tbsp. cornstarch**
- **1 cup 2% milk**
- **2 cups cubed cooked turkey breast**

1. In a large saucepan, combine potatoes, water and bouillon; bring to a boil. Reduce heat; cook, covered, until potatoes are tender, 10-15 minutes.
2. Stir in corn, sage and pepper; heat through. In a small bowl, mix cornstarch and milk until smooth; stir into soup. Bring to a boil; cook and stir until thickened, 1-2 minutes. Stir in turkey; heat through.
1½ CUPS 275 cal., 3g fat (1g sat. fat), 65mg chol., 374mg sod., 39g carb. (13g sugars, 3g fiber), 26g pro. **DIABETIC EXCHANGES** 3 lean meat, 2½ starch.

CREAM OF TURKEY & WILD RICE SOUP

A dear friend brought me some of this soup when I was ill—and it instantly hit the spot. I asked her for the recipe, and I've made it several times since, especially when I have leftover turkey to use up. Now I like to take it to friends when they're not feeling well. It's filling, and it really warms you up on a wintry day!

—Doris Cox, New Freedom, PA

Prep: **15 min.** • Cook: **20 min.**
Makes: **6 servings**

- **1 medium onion, chopped**
- **1 can (4 oz.) sliced mushrooms, drained**
- **2 Tbsp. butter**
- **3 cups water**
- **2 cups chicken broth**
- **1 pkg. (6 oz.) long grain and wild rice mix**
- **2 cups diced cooked turkey**
- **1 cup heavy whipping cream**
- **Minced fresh parsley**

In a large saucepan, saute onion and mushrooms in butter until onion is tender. Add water, broth and rice mix with seasoning; bring to a boil. Reduce heat; simmer for 20-25 minutes or until rice is tender. Stir in turkey and cream; heat through. Sprinkle with parsley.
1 CUP 364 cal., 21g fat (12g sat. fat), 100mg chol., 857mg sod., 25g carb. (3g sugars, 1g fiber), 19g pro.

CAULIFLOWER BROCCOLI CHEESE SOUP

Even my husband, who's never been a big fan of broccoli, digs in to this creamy soup. It's a perfect way to enjoy the produce from our vegetable garden.
—*Betty Corliss, Stratton, CO*

Takes: **30 min.** • Makes: **2 servings**

- ¾ **cup small cauliflowerets**
- ¾ **cup small broccoli florets**
- ¼ **cup chopped onion**
- ¼ **cup halved thinly sliced carrot**
- 1 **to 2 Tbsp. butter**
- 1½ **cups 2% milk, divided**
- ½ **tsp. chicken bouillon granules**
- ¼ **tsp. salt**
- **Dash pepper**
- 2 **Tbsp. all-purpose flour**
- ⅓ **cup cubed Velveeta**

1. In a large saucepan, cook cauliflower, broccoli, onion and carrot in the butter until vegetables are crisp-tender, about 5 minutes. Stir in 1¼ cups milk, bouillon, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered, until vegetables are tender, about 5 minutes, stirring occasionally.
2. Combine the flour and remaining ¼ cup milk until smooth; add to saucepan. Bring to a boil; cook and stir until thickened, 1-2 minutes. Reduce heat; add cheese and stir until melted. Serve immediately.
1 CUP 267 cal., 15g fat (9g sat. fat), 48mg chol., 909mg sod., 23g carb. (13g sugars, 2g fiber), 12g pro.

READER RAVES

"Wow, wow, wow! Even my picky wife and daughter raved about how delicious this is."

—EDU-ARDO414, VISIT TASTEOFHOME.COM

BACON CHEESEBURGER SOUP

This creamy recipe brings two of my absolute favorite foods together in one! The tomato, fresh lettuce and crisp bacon toppers make this soup taste as if it's burger time.
—Geoff Bales, Hemet, CA

Prep: **20 min.** • Cook: **4 hours**
Makes: **6 servings**

- **1½ lbs. lean ground beef (90% lean)**
- **1 large onion, chopped**
- **⅓ cup all-purpose flour**
- **½ tsp. pepper**
- **2½ cups chicken broth**
- **1 can (12 oz.) evaporated milk**
- **1½ cups shredded cheddar cheese**
- **8 slices American cheese, chopped**
- **1½ cups shredded lettuce**
- **2 medium tomatoes, chopped**
- **6 bacon strips, cooked and crumbled**

1. In a large skillet, cook beef with onion over medium-high heat until no longer pink, 6-8 minutes, breaking beef into crumbles; drain. Stir in flour and pepper; transfer to a 5-qt. slow cooker.
2. Stir in broth and milk. Cook, covered, on low for 4-5 hours or until flavors are blended. Stir in cheeses until melted. Top servings with remaining ingredients.
1 CUP 557 cal., 32g fat (17g sat. fat), 135mg chol., 1160mg sod., 18g carb. (10g sugars, 1g fiber), 42g pro.

REUBEN SOUP

When we're lucky (or have been good—I'm not certain which), this soup is served in the staff cafeteria at school. The cooks have made it for years and it is still a favorite!
—*Mary Lindell, Sanford, MI*

Prep: **20 min.** • Cook: **15 min.**
Makes: **about 6 servings**

- ½ **cup chopped onion**
- ½ **cup sliced celery**
- 2 **Tbsp. butter**
- 1 **cup chicken broth**
- ½ **tsp. baking soda**
- 2 **Tbsp. cornstarch**
- 2 **Tbsp. water**
- ¾ **cup sauerkraut, rinsed and drained**
- 2 **cups half-and-half cream**
- 2 **cups chopped cooked corned beef**
- 1 **cup shredded Swiss cheese**
- **Salt and pepper to taste**
- **Rye croutons, optional**

1. In a large saucepan, saute onion and celery in butter until tender. Add broth and baking soda. Combine cornstarch and water until smooth; gradually add to pan. Bring to a boil; cook and stir for 2 minutes or until thickened.
2. Reduce heat. Add sauerkraut, cream and corned beef; simmer and stir for 15 minutes. Add cheese; heat until melted. Add salt and pepper. Garnish with croutons if desired.
1 CUP 329 cal., 25g fat (13g sat. fat), 104mg chol., 909mg sod., 8g carb. (4g sugars, 1g fiber), 15g pro.

HOT TIPS
Make sure the cornstarch and water are completely blended so you don't get lumps when adding the slurry to the soup.

CREAMY HERBED TOMATO SOUP

No one will ever guess that a soup this smooth and creamy could be low in fat! The savory herb flavors make this soup a keeper.
—Taste of Home *Test Kitchen*

Takes: **30 min.** • Makes: **4 servings**

- 1 **can (14½ oz.) diced tomatoes, undrained**
- 2 **Tbsp. minced fresh parsley**
- 1 **Tbsp. finely chopped onion**
- ¾ **tsp. dried basil**
- ½ **tsp. salt**
- ⅛ **tsp. pepper**
- ¼ **cup tomato paste**
- ¾ **cup nonfat dry milk powder**
- 3 **Tbsp. all-purpose flour**
- 2 **cups 2% milk**

1. In a large saucepan, combine the first 6 ingredients; bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes.
2. Stir in tomato paste until blended. In a small bowl, combine milk powder and flour; stir in milk until smooth. Gradually stir into soup. Cook and stir until thickened and heated through.
1 CUP 201 cal., 3g fat (2g sat. fat), 14mg chol., 621mg sod., 31g carb. (24g sugars, 3g fiber), 14g pro. **DIABETIC EXCHANGES**
2 vegetable, 1 starch, 1 fat-free milk.

CHEESY WILD RICE SOUP

We often eat easy-to-make soups when there's not a lot of time to cook. I replaced the wild rice requested in the original recipe with a boxed rice mix. This tasty, creamy concoction is now a family favorite.
—Lisa Hofer, Hitchcock, SD

Takes: **30 min.**
Makes: **8 servings (2 qt.)**

- **1 pkg. (6.2 oz.) fast-cooking long grain and wild rice mix**
- **4 cups 2% milk**
- **1 can (10¾ oz.) condensed cream of potato soup, undiluted**
- **8 oz. Velveeta, cubed**
- **½ lb. bacon strips, cooked and crumbled**
- **Optional: Minced chives and oyster crackers**

In a large saucepan, prepare rice mix according to package directions. Add the milk, soup and cheese. Cook and stir until cheese is melted. Garnish with bacon and, if desired, minced fresh chives and oyster crackers.
1 CUP 464 cal., 29g fat (14g sat. fat), 70mg chol., 1492mg sod., 29g carb. (9g sugars, 1g fiber), 21g pro.

CHOWDER POWER

CHEESY HAM CHOWDER

My five children all agree that this soothing recipe is wonderful. The soup is full of potatoes, carrots and ham. The best part is that I can get it on the table in only a half hour of hands-on time.

—Jennifer Trenhaile, Emerson, NE

Prep: **30 min.** • Cook: **30 min.**
Makes: **10 servings (2½ qt.)**

- **10 bacon strips, diced**
- **1 large onion, chopped**
- **1 cup diced carrots**
- **3 Tbsp. all-purpose flour**
- **3 cups whole milk**
- **1½ cups water**
- **2½ cups cubed potatoes**
- **1 can (15¼ oz.) whole kernel corn, drained**
- **2 tsp. chicken bouillon granules**
- **Pepper to taste**
- **3 cups shredded cheddar cheese**
- **2 cups cubed fully cooked ham**
- **Minced fresh parsley, optional**

1. In a Dutch oven, cook the bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels to drain. In drippings, saute onion and carrots until tender. Stir in flour until blended. Gradually add milk and water. Bring to a boil; cook and stir for 2 minutes or until thickened.

2. Add potatoes, corn, bouillon and pepper. Reduce heat; simmer, uncovered, until potatoes are tender, about 20 minutes. Add cheese and ham; heat until cheese is melted. Stir in bacon. If desired, garnish with parsley and additional bacon.

1 CUP 404 cal., 26g fat (12g sat. fat), 76mg chol., 1081mg sod., 20g carb. (8g sugars, 3g fiber), 22g pro.

READER RAVES

"By far the best clam chowder I have ever had! I never write reviews, but this recipe deserves recognition."

—EMILY3901, VISIT TASTEOFHOME.COM

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PRESSURE-COOKER CLAM CHOWDER

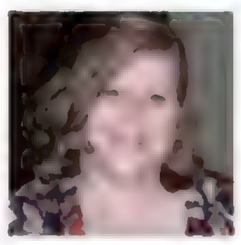
Clam chowder is especially tasty when it's served with a sprinkle of fresh thyme, bacon crumbles and crispy oyster crackers on top. If you like your chowder on the thick side, add another tablespoon of flour after it is done in the pressure cooker.
—Taste of Home *Test Kitchen*

Prep: **20 min.** • Cook: **25 min.**
Makes: **8 servings (2 qt.)**

- **4 medium potatoes, peeled and cut into ½-in. cubes (about 5 cups)**
- **1 medium onion, chopped**
- **2 celery ribs, chopped**
- **2 medium carrots, chopped**
- **4 garlic cloves, minced**
- **1 bottle (8 oz.) clam juice**
- **1 cup chicken broth**
- **1 tsp. dried thyme**
- **1 tsp. salt**
- **½ tsp. pepper**
- **2 cans (6½ oz. each) minced clams, undrained**
- **2 Tbsp. all-purpose flour**
- **1 cup heavy whipping cream**
- **4 bacon strips, cooked and crumbled**
- **Optional: Oyster crackers and fresh thyme**

1. Place the first 10 ingredients in a 6-qt. electric pressure cooker. Drain and reserve liquid from clams; add liquid to pressure cooker and set clams aside. Lock lid; close pressure-release valve. Adjust to pressure-cook on high for 15 minutes. Quick-release pressure.
2. Select saute setting and adjust for low heat. Mix flour and cream until smooth; stir into soup. Cook and stir until slightly thickened, 6-8 minutes. Stir in clams; heat through. Serve with bacon and, if desired, crackers and fresh thyme.
1 CUP 227 cal., 13g fat (7g sat. fat), 56mg chol., 673mg sod., 21g carb. (4g sugars, 2g fiber), 8g pro.

BEST EVER CHICKEN FAJITA CHOWDER



Warm up weeknights with bowls of this thick, cheesy soup that nicely captures the zippy flavors of the Southwest.
—Beverly Matthews, Richland, WA

Prep: **15 min.** • Cook: **45 min.**
Makes: **6 servings (2 qt.)**

- **1 lb. boneless skinless chicken breasts, chopped**
- **1 each medium green, sweet red and yellow peppers, chopped**
- **1 medium onion, chopped**
- **2 Tbsp. olive oil**
- **4 cups water**
- **2 cups frozen corn**
- **1 cup uncooked brown rice**
- **1 can (10 oz.) green enchilada sauce**
- **1 can (4 oz.) chopped green chiles**
- **¼ tsp. salt**
- **1 cup shredded Mexican cheese blend**
- **1 cup sour cream**
- **Optional: Tortilla chips and minced fresh chives**

1. In a Dutch oven over medium-high heat, cook and stir chicken, peppers and onion in oil until vegetables are crisp-tender. Stir in water, corn, rice, enchilada sauce, green chiles and salt. Bring to a boil. Reduce heat; cover and simmer for 35-40 minutes or until rice is tender.
2. Remove from heat. Stir in cheese and sour cream until cheese is melted. Serve with chips and chives if desired.
1⅓ CUPS 477 cal., 23g fat (9g sat. fat), 68mg chol., 579mg sod., 44g carb. (7g sugars, 5g fiber), 26g pro.

TURKEY, BACON & CORN CHOWDER

This recipe uses Thanksgiving leftovers to create a rich and creamy turkey chowder. My grandmother would even add chopped hard-boiled eggs to this chowder, which gave it a nice richness.
—Susan Bickta, Kutztown, PA

Prep: **25 min.** • Cook: **50 min.**
Makes: **16 servings (4 qt.)**

- **1 lb. thick-sliced bacon strips, chopped**
- **3 celery ribs, sliced**
- **1 medium onion, chopped**
- **1 medium carrot, chopped**
- **½ cup chopped red onion**
- **1 bay leaf**
- **¼ cup all-purpose flour**
- **1 carton (32 oz.) chicken stock**
- **1 can (10½ oz.) condensed cream of chicken soup, undiluted**
- **1 pkg. (8 oz.) cream cheese, softened**
- **¾ cup 2% milk**
- **¾ cup heavy whipping cream**
- **3½ cups frozen corn (about 17.5 oz.)**
- **2½ cups cubed cooked turkey**
- **2 cups refrigerated shredded hash brown potatoes (about 10 oz.)**
- **¾ cup turkey gravy**
- **1 Tbsp. dried parsley flakes**
- **Thinly sliced green onions, optional**

1. In a Dutch oven, cook the bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels. Discard drippings, reserving ¼ cup in pan. Add celery, onion, carrot, red onion and bay leaf to pan; cook and stir over medium-high heat until vegetables are tender, 8-10 minutes.
2. Stir in flour until blended; gradually whisk in stock. Bring to a boil, stirring constantly; cook and stir 2 minutes. Add soup, cream cheese, milk and cream; mix well. Stir in corn, turkey, hash browns, gravy, parsley and ¾ cup reserved bacon; reduce heat. Cook, covered, for 20 minutes, stirring chowder occasionally.
3. Discard bay leaf. Serve with remaining bacon and, if desired, green onions.
1 CUP 289 cal., 19g fat (9g sat. fat), 63mg chol., 603mg sod., 17g carb. (4g sugars, 2g fiber), 14g pro.

HOT TIPS

The best way to reheat leftovers of this chowder is over low heat on stovetop, adding milk if necessary.

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QUICK & EASY BREAD BOWLS

Impress all of your friends by serving cream soups in bread bowls. They come together with just a few ingredients.
—Rachel Preus, Marshall, MI

Prep: **35 min. + rising**
Bake: **20 min. + cooling**
Makes: **6 servings**

- **2 Tbsp. active dry yeast**
- **3 cups warm water (110° to 115°)**
- **2 Tbsp. sugar**
- **2 tsp. salt**
- **6½ to 7½ cups bread flour**
- **Optional: Cornmeal and sesame seeds**

1. In a small bowl, dissolve yeast in warm water. In a large bowl, combine sugar, salt, yeast mixture and 3 cups flour; beat on medium speed for 3 minutes. Stir in enough remaining flour to form a soft dough (dough will be sticky).
2. Turn onto a floured surface; knead until smooth and elastic, 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover with a kitchen towel and let rise in a warm place until doubled, about 30 minutes.
3. Preheat oven to 500°. Punch dough down. Divide and shape into 6 balls. Place 3 in. apart on 2 baking sheets that have been grease, or, if desired, generously sprinkled with cornmeal. Cover with a kitchen towel; let rise in a warm place until doubled, about 15 minutes. Spray loaves with water; if desired, generously sprinkle with sesame seeds. Using a sharp knife, score tops with shallow cuts in an X pattern. Bake 2 minutes. Reduce oven setting to 425°. Bake for 16-18 minutes or until golden brown and internal temperature reaches 190°-200°. Remove from pans to wire racks to cool completely.
4. Cut a thin slice off top of each loaf. Hollow out bottom portion of each loaf, leaving a ½-in. shell. Discard removed bread or save for another use, such as croutons.
1 BREAD BOWL 283 cal., 1g fat (0 sat. fat), 0 chol., 396mg sod., 57g carb. (2g sugars, 2g fiber), 10g pro.

PRISCILLA'S VEGETABLE CHOWDER

This is the perfect soup to warm up with on a cold fall or winter day. It makes a big batch perfect for serving a crowd.
—Jenna Jackson, Salt Lake City, UT

Prep: **25 min.** • Cook: **30 min.**
Makes: **12 servings (3 qt.)**

- **3 cups diced peeled potatoes**
- **2½ cups broccoli florets**
- **1 cup chopped onion**
- **1 cup grated carrots**
- **2 celery ribs, diced**
- **4 tsp. chicken bouillon granules**
- **3 cups water**
- **¾ cup butter, cubed**
- **¾ cup all-purpose flour**
- **4 cups whole milk**
- **1 tsp. salt**
- **¼ tsp. pepper**
- **1 cup cubed fully cooked ham**
- **1 cup shredded cheddar cheese**

1. In a Dutch oven, combine potatoes, broccoli, onion, carrots, celery, bouillon and water; simmer 20 minutes or until vegetables are tender.
2. In a large saucepan, melt butter; stir in flour. Cook and stir over medium heat for 2 minutes. Whisk in milk, salt and pepper. Bring to a boil; cook and stir 2 minutes or until thickened. Add to the vegetable mixture with ham; simmer 10 minutes or until heated through. Stir in cheese just until melted.
1 CUP 281 cal., 18g fat (11g sat. fat), 58mg chol., 853mg sod., 22g carb. (6g sugars, 2g fiber), 9g pro.

SLOW-COOKED MANHATTAN CLAM CHOWDER

I came up with this simple, delicious soup years ago when my husband and I both worked. It's easy to dump all the ingredients into the slow cooker in the morning ... and wonderful to come home to the aroma of a hot dinner ready.
—Mary Dixon, Northville, MI

Prep: **10 min.** • Cook: **8 hours**
Makes: **9 servings (2¼ qt.)**

- **3 celery ribs, sliced**
- **1 large onion, chopped**
- **1 can (14½ oz.) sliced potatoes, drained**
- **1 can (14½ oz.) sliced carrots, drained**
- **2 cans (6½ oz. each) chopped clams**
- **2 cups reduced-sodium tomato juice**
- **1½ cups water**
- **½ cup tomato puree**
- **1 Tbsp. dried parsley flakes**
- **1½ tsp. dried thyme**
- **½ tsp. salt**
- **1 bay leaf**
- **2 whole black peppercorns**

In a 3-qt. slow cooker, combine all the ingredients. Cover and cook on low for 8-10 hours or until vegetables are tender. Discard bay leaf and peppercorns.
1 CUP 80 cal., 0 fat (0 sat. fat), 14mg chol., 612mg sod., 13g carb. (5g sugars, 3g fiber), 4g pro. **DIABETIC EXCHANGES** 1 starch, 1 lean meat.

LOADED BROCCOLI-CHEESE POTATO CHOWDER

For anyone who loves baked potatoes or broccoli cheese soup, this is the best of both worlds. If you have bacon lovers, offer crumbled cooked bacon as a topping. Then everyone is happy, carnivore or not!
—Vivi Taylor, Middleburg, FL

Prep: **15 min.** • Cook: **6 hours 10 min.**
Makes: **8 servings (2 qt.)**

- **1 pkg. (20 oz.) refrigerated O'Brien hash brown potatoes**
- **1 garlic clove, minced**
- **2 cups reduced-fat sour cream**
- **¼ cup all-purpose flour**
- **½ tsp. pepper**
- **⅛ tsp. ground nutmeg**
- **3 cups vegetable stock**
- **1 pkg. (12 oz.) frozen broccoli florets, thawed**
- **4 cups shredded cheddar cheese**
- **½ cup finely chopped green onions**

1. Combine hash browns and garlic in a 5- or 6-qt. slow cooker. In a large bowl, whisk sour cream, flour, pepper and nutmeg until smooth; stir in stock. Pour into slow cooker; stir to combine. Cook, covered, on low until hash browns are tender, 6-8 hours.
2. Add broccoli and 3 cups cheese; cover and cook until cheese is melted, about 10 minutes longer. Serve with green onions and remaining 1 cup cheese.
1 CUP 386 cal., 23g fat (13g sat. fat), 62mg chol., 921mg sod., 26g carb. (6g sugars, 2g fiber), 20g pro.

CREAMY ASPARAGUS CHOWDER

Although this soup is best when made with fresh asparagus, you can use frozen or canned. I like to blanch and freeze asparagus in portions just right for this recipe so I can make our favorite chowder all year.
—Shirley Beachum, Shelby, MI

Prep: **10 min.** • Cook: **30 min.**
Makes: **10 servings (about 2½ qt.)**

- **2 medium onions, chopped**
- **2 cups chopped celery**
- **¼ cup butter**
- **1 garlic clove, minced**
- **½ cup all-purpose flour**
- **1 large potato, peeled and cut into ½-in. cubes**
- **4 cups whole milk**
- **4 cups chicken broth**
- **½ tsp. dried thyme**
- **½ tsp. dried marjoram**
- **4 cups chopped fresh asparagus, cooked and drained**
- **Salt and pepper to taste**
- **Sliced almonds**
- **Shredded cheddar cheese**
- **Chopped fresh tomato**

1. In a Dutch oven, saute onions and celery in butter until tender. Add garlic; cook 1 minute longer. Stir in flour. Add potato, milk, broth and herbs; cook over low heat, stirring occasionally, until potato is tender and soup is thickened, 20-30 minutes.
2. Add asparagus, salt and pepper; heat through. To serve, sprinkle with almonds, cheese and the chopped tomato.
1 CUP 187 cal., 8g fat (5g sat. fat), 26mg chol., 491mg sod., 23g carb. (9g sugars, 3g fiber), 7g pro. **DIABETIC EXCHANGES** 1½ starch, 1½ fat.

READER RAVES

"Simple to make and full of flavor! Delicious ... I will be making it again."

—DIANE F, VISIT TASTEOFHOME.COM

COUNTRY FISH CHOWDER

You'll think you're on Cape Cod when you taste this thick, wholesome chowder made from a recipe I've treasured for many years. It's one of my husband's favorites. He likes it more and more because over the years I've customized the basic recipe by including ingredients he enjoys.
—Linda Lazaroff, Hebron, CT

Prep: **15 min.** • Cook: **25 min.**
Makes: **10 servings (2½ qt.)**

- 1 cup chopped onion
- 4 bacon strips, chopped
- 3 cans (12 oz. each) evaporated milk
- 1 can (15¼ oz.) whole kernel corn, undrained
- 1 can (6½ oz.) chopped clams, undrained
- 3 medium potatoes, peeled and cubed
- 3 Tbsp. butter
- 1 tsp. salt
- ¾ tsp. pepper
- 1 lb. fish fillets (haddock, cod or flounder), cooked and broken into pieces
- Optional: Crumbled cooked bacon and minced chives

1. In a large saucepan, cook onion and bacon over medium heat until bacon is crisp; drain. Add milk, corn, clams, potatoes, butter, salt and pepper. Cover and cook over medium heat, stirring occasionally, until potatoes are tender, about 20 minutes.
2. Stir in fish and heat through. Ladle into bowls. If desired, top with bacon and chives.
1 CUP 250 cal., 12g fat (6g sat. fat), 57mg chol., 598mg sod., 19g carb. (7g sugars, 2g fiber), 15g pro.

SALMON ZUCCHINI CHOWDER

This rich and hearty light chowder delivers many levels of flavor and is sure to warm those cold winter nights.
—Vicki Thompson, Bristol, NB

Prep: **20 min.** • Cook: **25 min.**
Makes: **6 servings**

- **1 small onion, chopped**
- **1 garlic clove, minced**
- **¼ tsp. dried thyme**
- **¼ tsp. dried basil**
- **1 Tbsp. butter**
- **2 cups 1% milk**
- **1 can (10½ oz.) condensed chicken broth, undiluted**
- **½ cup frozen corn**
- **½ cup chopped carrot**
- **1 medium red potato, cut into ½-in. cubes**
- **3 Tbsp. all-purpose flour**
- **¼ cup cold water**
- **½ lb. salmon fillet, cut into 1-in. pieces**
- **½ cup chopped zucchini**
- **½ tsp. salt**
- **¼ tsp. pepper**
- **½ cup shredded reduced-fat cheddar cheese**

1. In a large saucepan over medium heat, cook and stir onion, garlic, thyme and basil in butter until onion is tender. Stir in milk, broth, corn, carrot and potato. Bring to a boil. Reduce heat; cover and simmer for 6-8 minutes or until vegetables are tender.

2. Combine flour and water until smooth; stir into vegetable mixture. Bring to a boil; cook and stir 2 minutes or until thickened. Reduce heat; add salmon and zucchini. Simmer, uncovered, for 3-5 minutes or until fish flakes easily with a fork. Stir in salt and pepper. Sprinkle with cheese before serving.

1 CUP 214 cal., 10g fat (4g sat. fat), 38mg chol., 656mg sod., 16g carb. (7g sugars, 2g fiber), 16g pro. **DIABETIC EXCHANGES** 1½ fat, 1 starch, 1 lean meat.

POTATO, SAUSAGE & KALE CHOWDER

I let my young son pick out seed packets and he chose kale, which grew like crazy. This hearty soup helped make good use of it and rivals the Olive Garden's Zuppa Toscana. *—Michelle Babbie, Malone, NY*

Takes: **30 min.** • Makes: **4 servings**

- ½ **lb. bulk pork sausage**
- 1 **medium onion, finely chopped**
- 2 **tsp. chicken bouillon granules**
- ½ **tsp. garlic powder**
- ½ **tsp. pepper**
- 2 **medium red potatoes, cut into ½-in. cubes**
- 2 **cups sliced fresh kale**
- 3 **cups 2% milk**
- 1 **cup heavy whipping cream**
- 1 **Tbsp. cornstarch**
- ¼ **cup cold water**
- **Crumbled cooked bacon, optional**

1. In a large saucepan, cook sausage and onion over medium heat 4-6 minutes or until sausage is no longer pink and onion is tender, breaking up the sausage into crumbles; drain.

2. Stir in bouillon and seasonings. Add potatoes, kale, milk and cream; bring to a boil. Reduce heat; simmer, covered, for 10-15 minutes or until potatoes are tender.

3. In a small bowl, mix cornstarch and water until smooth; stir into soup. Return to a boil, stirring constantly; cook and stir 1-2 minutes or until thickened. If desired, top with bacon.

1½ CUPS 504 cal., 38g fat (20g sat. fat), 128mg chol., 881mg sod., 26g carb. (12g sugars, 2g fiber), 15g pro.

SEAFOOD CHOWDER WITH SEASONED OYSTER CRACKERS

Chock-full of fish, shrimp and scallops, this comforting chowder has been pleasing my family for many years. The seasoned oyster crackers add a bit of spice.
—Virginia Anthony, Jacksonville, FL

Prep: **45 min.** • Cook: **25 min.**
Makes: **12 servings (4½ qt.)**

- **1 Tbsp. unsalted butter, melted**
- **1 Tbsp. marinade for chicken**
- **1 tsp. hot pepper sauce**
- **¼ tsp. curry powder**
- **¼ tsp. paprika**
- **1¼ cups oyster crackers**

CHOWDER

- **8 bacon strips, chopped**
- **1½ lbs. red potatoes, cut into ½-in. cubes**
- **2 cups thinly sliced leeks (white portion only)**
- **¼ cup all-purpose flour**
- **¾ tsp. dried thyme**
- **1 carton (32 oz.) reduced-sodium chicken broth**
- **4 cups clam juice**
- **1 pkg. (12 oz.) frozen corn**
- **1½ cups diced zucchini**
- **1 lb. grouper or tilapia fillets, cut into 1-in. cubes**
- **¾ lb. uncooked shrimp (31-40 per lb.), peeled and deveined**
- **½ lb. bay scallops**
- **1 cup half-and-half cream**
- **1 tsp. salt**
- **¼ tsp. white pepper**

1. In a small bowl, combine butter, marinade for chicken, pepper sauce, curry and paprika. Add crackers; toss to coat.
2. Transfer to a greased 15x10x1-in. baking pan. Bake at 350° until golden brown, 8-10 minutes, stirring twice. Set aside.
3. Meanwhile, in a stockpot, cook bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels to drain.
4. Saute potatoes and leeks in drippings; stir in flour and thyme until blended. Gradually whisk in broth and clam juice. Bring to a boil, stirring constantly. Cook and stir 1-2 minutes longer. Reduce heat; cover and simmer for 10 minutes or until potatoes are tender.
5. Add corn, zucchini, grouper, shrimp and scallops; cook for 2-4 minutes or until fish flakes easily with a fork. Stir in cream, salt and pepper; heat through. Serve with crackers and bacon.
NOTE This recipe was tested with Lea & Perrins Marinade for Chicken.
1½ CUPS 295 cal., 12g fat (5g sat. fat), 80mg chol., 885mg sod., 25g carb. (3g sugars, 2g fiber), 22g pro.

THE BEST BEEF STEW

This beef stew recipe has tons of flavor, thanks to its blend of herbs and the addition of red wine and balsamic vinegar. Learn how to make this comforting classic and take dinner to the next level!
—James Schend, Pleasant Prairie, WI

Prep: **30 min.** • Cook: **2 hours**
Makes: **6 servings (2¼ qt.)**

- **1½ lbs. beef stew meat, cut into 1-in. cubes**
- **½ tsp. salt, divided**
- **6 Tbsp. all-purpose flour, divided**
- **½ tsp. smoked paprika**
- **1 Tbsp. canola oil**
- **3 Tbsp. tomato paste**
- **2 tsp. herbes de Provence**
- **2 garlic cloves, minced**
- **2 cups dry red wine**
- **2 cups beef broth**
- **1½ tsp. minced fresh rosemary, divided**
- **2 bay leaves**
- **3 cups cubed peeled potatoes**
- **3 cups coarsely chopped onions (about 2 large)**
- **2 cups sliced carrots**
- **2 Tbsp. cold water**
- **2 Tbsp. balsamic or red wine vinegar**
- **1 cup fresh or frozen peas**
- **Additional fresh rosemary, optional**

1. In a small bowl, toss beef and ¼ tsp. salt. In a large bowl, combine 4 Tbsp. flour and paprika. Add beef, a few pieces at a time, and toss to coat.
2. In a Dutch oven, brown beef in oil over medium heat. Stir in tomato paste, herbes de Provence and garlic; cook until fragrant and color starts to darken slightly. Add wine; cook until mixture just comes to a boil. Simmer until reduced by half, about 5 minutes. Stir in broth, 1 tsp. rosemary and bay leaves. Bring to a boil. Reduce heat; cover and simmer until meat is almost tender, about 1½ hours.
3. Add potatoes, onions and carrots. Cover; simmer until meat and vegetables are tender, about 30 minutes longer.
4. Discard bay leaves. In a small bowl, combine remaining ½ tsp. rosemary, remaining ¼ tsp. salt and remaining 2 Tbsp. flour. Add cold water and vinegar; stir until smooth. Stir into stew. Bring to a boil; add peas. Cook, stirring, until thickened, about 2 minutes. If desired, top with additional fresh rosemary.
1½ CUPS 366 cal., 11g fat (3g sat. fat), 71mg chol., 605mg sod., 40g carb. (9g sugars, 6g fiber), 28g pro. **DIABETIC EXCHANGES**
3 lean meat, 2½ starch, ½ fat.

HOT TIPS

Make sure to leave space between the pieces of beef when browning. Overcrowding will cause the meat to steam instead of brown. If needed, cook the beef in batches.

Staub Wide Oval Cast-Iron Dutch Oven $420
zwilling.com

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Want more recipes? Check out Taste of Home's entire selection of cookbooks.

SOUTHWEST TURKEY STEW

I prefer main dishes that enable me to stay on my diet but still eat what the rest of the family eats. This stew is a hit with my husband and our young children.
—Stephanie Hutchinson, Helix, OR

Prep: **15 min.** • Cook: **5 hours**
Makes: **6 servings**

- **1½ lbs. turkey breast tenderloins, cubed**
- **2 tsp. canola oil**
- **1 can (15 oz.) turkey chili with beans, undrained**
- **1 can (14½ oz.) diced tomatoes, undrained**
- **1 medium sweet red pepper, chopped**
- **1 medium green pepper, chopped**
- **¾ cup chopped onion**
- **¾ cup salsa**
- **3 garlic cloves, minced**
- **1½ tsp. chili powder**
- **½ tsp. ground cumin**
- **¼ tsp. salt**
- **1 Tbsp. minced fresh cilantro, optional**

1. In a nonstick skillet, brown turkey in oil; transfer to a 3-qt. slow cooker. Stir in the chili, tomatoes, peppers, onion, salsa, garlic, chili powder, cumin and salt.
2. Cover and cook on low for 5-6 hours or until turkey is no longer pink and vegetables are tender. Garnish with cilantro if desired.
1¼ CUPS 238 cal., 4g fat (1g sat. fat), 65mg chol., 837mg sod., 17g carb. (7g sugars, 5g fiber), 33g pro. **DIABETIC EXCHANGES**
4 lean meat, 1 vegetable, ½ starch.

MINT LAMB STEW

The lamb here isn't just tender—it melts in your mouth! This recipe is an adaptation of a stew my mother used to make while I was growing up in England. Now I round it out with local root vegetables.
—Maureen Evans, Rancho Cucamonga, CA

Prep: **40 min.** • Cook: **6 hours**
Makes: **6 servings (2¼ qt.)**

- **½ cup all-purpose flour**
- **½ tsp. salt**
- **¼ tsp. pepper**
- **1½ lbs. lamb stew meat, cubed**
- **2 shallots, sliced**
- **2 Tbsp. olive oil**
- **½ cup red wine**
- **2 cans (14½ oz. each) beef broth**
- **2 medium potatoes, cubed**
- **1 large sweet potato, peeled and cubed**
- **2 large carrots, cut into 1-in. pieces**
- **2 medium parsnips, peeled and cubed**
- **1 garlic clove, minced**
- **1 Tbsp. mint jelly**
- **4 bacon strips, cooked and crumbled**
- **Minced fresh mint, optional**

1. In a large shallow dish, combine the flour, salt and pepper. Add the meat, a few pieces at a time, and turn to coat. In a large skillet, brown meat and shallots in oil in batches.
2. Transfer to a 5- or 6-qt. slow cooker. Add wine to the skillet, stirring to loosen browned bits from pan. Bring to a boil. Reduce heat; simmer, uncovered, for 1-2 minutes. Add to slow cooker.
3. Stir in broth, potatoes, sweet potato, carrots, parsnips and garlic. Cover and cook on low for 6-8 hours or until meat is tender. Stir in jelly; sprinkle with bacon. If desired, sprinkle with fresh mint before serving.
1½ CUPS 442 cal., 13g fat (4g sat. fat), 79mg chol., 1016mg sod., 46g carb. (11g sugars, 5g fiber), 31g pro.

COCONUT CHICKEN & SWEET POTATO STEW

This stew tastes as if you spent hours in the kitchen. The flavors of coconut milk, sweet potato and coriander nicely complement the chicken. A garnish of cilantro and toasted coconut adds a bit of sophistication.

—Nicole Filizetti, Stevens Point, WI

Prep: **20 min.** • Cook: **6 hours**
Makes: **8 servings (2½ qt.)**

- **1½ lbs. boneless skinless chicken breasts, cubed**
- **2 lbs. sweet potatoes (about 3 medium), peeled and cubed**
- **3 cups canned coconut milk, divided**
- **1 can (8 oz.) unsweetened pineapple tidbits, drained**
- **1 small onion, chopped**
- **1 tsp. ground coriander**
- **½ tsp. salt**
- **½ tsp. crushed red pepper flakes**
- **¼ tsp. pepper**
- **Optional: Hot cooked basmati rice, toasted unsweetened shredded coconut, minced fresh cilantro and lime wedges**

1. Combine chicken, sweet potatoes, 2 cups coconut milk, pineapple, onion and seasonings in a 4- or 5-qt. slow cooker. Cook, covered, on low until chicken and sweet potatoes are tender, 6-8 hours.

2. Stir in remaining 1 cup coconut milk. If desired, serve stew with basmati rice and toppings of your choice.

1¼ CUPS 365 cal., 16g fat (14g sat. fat), 47mg chol., 223mg sod., 34g carb. (17g sugars, 4g fiber), 21g pro.

TERIYAKI BEEF STEW

As they say, necessity is the mother of invention. I created this recipe because I had a package of stew meat I needed to use. I spotted the ginger beer in the fridge, and rest was history. This stew has a delicious sweet-tangy flavor. It's nice to have a new way to serve an inexpensive meal.
—Leslie Simms, Sherman Oaks, CA

Prep: **20 min.** • Cook: **6½ hours**
Makes: **6 servings**

- **2 lbs. beef stew meat**
- **1 bottle (12 oz.) ginger beer or ginger ale**
- **¼ cup teriyaki sauce**
- **2 garlic cloves, minced**
- **2 Tbsp. sesame seeds**
- **2 Tbsp. cornstarch**
- **2 Tbsp. cold water**
- **2 cups frozen peas, thawed**
- **Hot cooked rice, optional**

1. In a large nonstick skillet, brown beef in batches. Transfer to a 3-qt. slow cooker.
2. In a small bowl, combine the ginger beer, teriyaki sauce, garlic and sesame seeds; pour over beef. Cover and cook on low for 6-8 hours or until meat is tender.
3. Combine cornstarch and cold water until smooth; gradually stir into stew. Stir in peas. Cover and cook on high for 30 minutes or until thickened. Serve with rice if desired.
1 CUP 310 cal., 12g fat (4g sat. fat), 94mg chol., 528mg sod., 17g carb. (9g sugars, 2g fiber), 33g pro. **DIABETIC EXCHANGES** 4 lean meat, 1 starch.

ORZO SHRIMP STEW

My husband and I really enjoy seafood, so I don't skimp on shrimp in this mildly seasoned stew. We also adore the broccoli, tomatoes and pasta.
—Lisa Stinger, Hamilton, NJ

Takes: **20 min.** • Makes: **4 servings**

- **2½ cups reduced-sodium chicken broth**
- **5 cups fresh broccoli florets**
- **1 can (14½ oz.) diced tomatoes, undrained**
- **1 cup uncooked orzo**
- **1 lb. uncooked shrimp (31-40 per lb.), peeled and deveined**
- **¼ tsp. salt**
- **¼ tsp. pepper**
- **2 tsp. dried basil**
- **2 Tbsp. butter**

1. Bring broth to a boil in a Dutch oven. Add the broccoli, tomatoes and orzo. Reduce heat; simmer, uncovered, for 5 minutes, stirring occasionally.
2. Add the shrimp, salt and pepper. Cover and cook for 4-5 minutes or until shrimp turn pink and orzo is tender. Stir in basil and butter.
1¾ CUPS 387 cal., 8g fat (4g sat. fat), 153mg chol., 875mg sod., 48g carb. (7g sugars, 5g fiber), 30g pro.

READER RAVES

"A fantastic meatless meal and the perfect way to warm up on a chilly night."
—ALLISONO, VISIT TASTEOFHOME.COM

READER RAVES

"This recipe is amazing! I love the combo of the sweet potatoes with the tikka masala sauce."

—JOEY667, VISIT TASTEOFHOME.COM

PRESSURE-COOKER INDIAN-STYLE CHICKEN & VEGETABLES

This easy Indian-influenced dish is one just about everyone will love. Feel free to add more or less tikka masala sauce according to your taste.

—*Erica Polly, Sun Prairie, WI*

Prep: **15 min.** • Cook: **5 min.**
Makes: **8 servings (2½ qt.)**

- **2 lbs. boneless skinless chicken thighs, cubed**
- **2 medium sweet potatoes, peeled and cut into 1½-in. pieces**
- **2 medium sweet red peppers, cut into 1-in. pieces**
- **3 cups fresh cauliflowerets**
- **2 jars (15 oz. each) tikka masala curry sauce**
- **½ cup water**
- **¾ tsp. salt**
- **Minced fresh cilantro, optional**
- **Naan flatbreads, warmed**

In a 6-qt. electric pressure cooker, combine chicken and vegetables; add sauce, water and salt. Lock lid; close pressure-release valve. Adjust to pressure-cook on high for 3 minutes. Quick-release pressure. A thermometer inserted in chicken should read at least 170°. If desired, top with cilantro; serve with warmed naan.

FREEZE OPTION Omitting cilantro and naan, freeze cooled chicken and vegetable mixture in freezer containers. To use, partially thaw in refrigerator overnight. Microwave, covered, on high in a microwave-safe dish until heated through, stirring gently; add water if necessary. If desired, sprinkle with cilantro. Serve with warmed naan.

1¼ CUPS 334 cal., 15g fat (4g sat. fat), 80mg chol., 686mg sod., 25g carb. (12g sugars, 5g fiber), 25g pro. **DIABETIC EXCHANGES** 3 lean meat, 2 fat, 1½ starch.

TUSCAN PORTOBELLO STEW

Here's a healthy one-skillet meal that's quick and easy to prepare, yet elegant enough for company. I often take this stew to my school's potlucks, where it is devoured by teachers and students alike.
—Jane Siemon, Viroqua, WI

Prep: **20 min.** • Cook: **20 min.**
Makes: **4 servings**

- **2 large portobello mushrooms, coarsely chopped**
- **1 medium onion, chopped**
- **3 garlic cloves, minced**
- **2 Tbsp. olive oil**
- **½ cup white wine or vegetable broth**
- **1 can (28 oz.) diced tomatoes, undrained**
- **2 cups chopped fresh kale**
- **1 bay leaf**
- **1 tsp. dried thyme**
- **½ tsp. dried basil**
- **½ tsp. dried rosemary, crushed**
- **¼ tsp. salt**
- **¼ tsp. pepper**
- **2 cans (15 oz. each) cannellini beans, rinsed and drained**

1. In a large skillet, saute the mushrooms, onion and garlic in oil until tender. Add wine. Bring to a boil; cook until liquid is reduced by half. Stir in next 8 ingredients. Bring to a boil. Reduce heat; cover and simmer for 8-10 minutes.
2. Add the beans; heat through. Discard bay leaf.
1¼ CUPS 309 cal., 8g fat (1g sat. fat), 0 chol., 672mg sod., 46g carb. (9g sugars, 13g fiber), 12g pro. **DIABETIC EXCHANGES** 2 starch, 2 vegetable, 1½ fat, 1 lean meat.

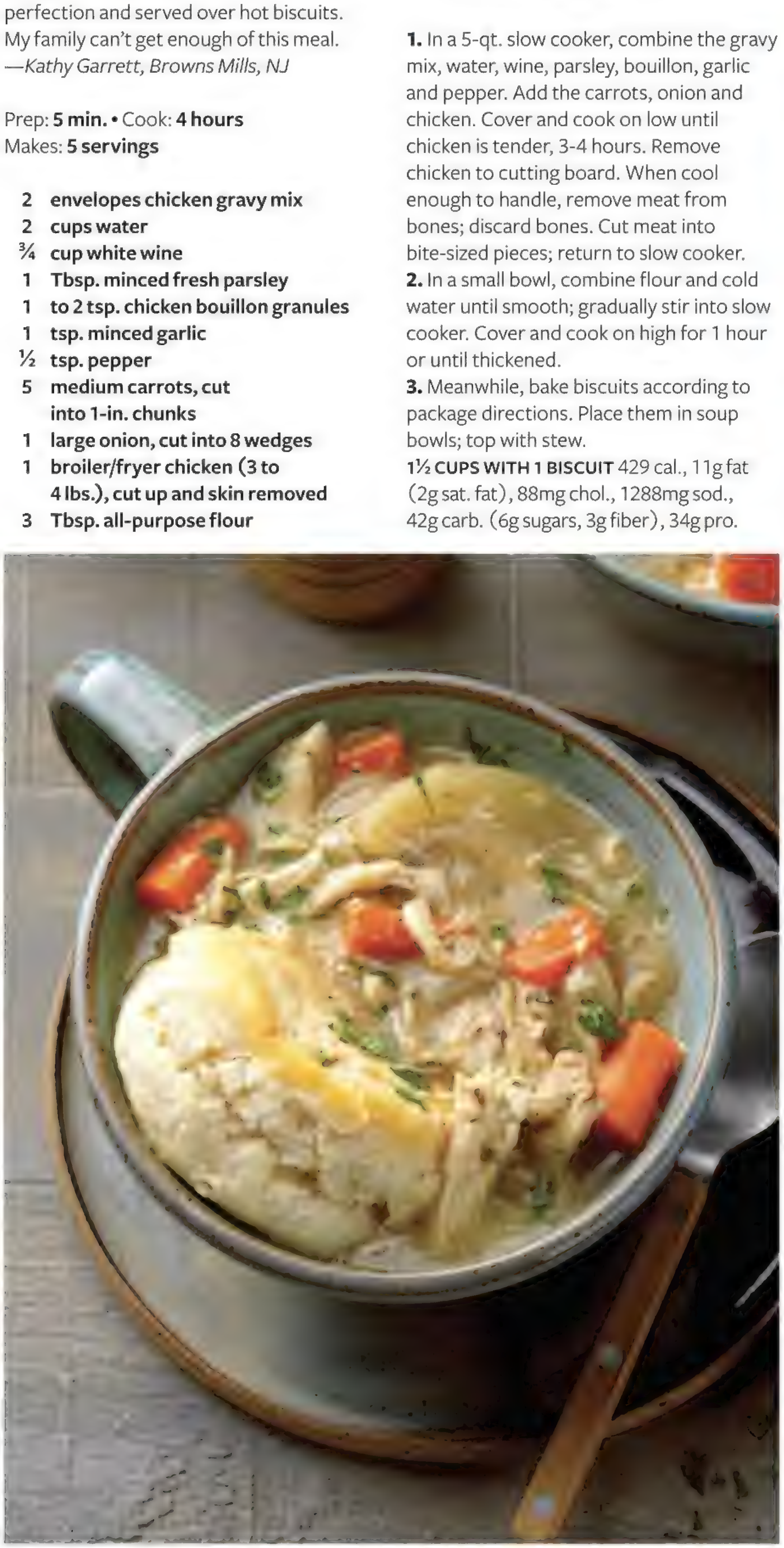
CHICKEN STEW OVER BISCUITS

Rich gravy makes this a classic comfort food, with chicken slow-cooked to tender perfection and served over hot biscuits. My family can't get enough of this meal.
—Kathy Garrett, Browns Mills, NJ

Prep: **5 min.** • Cook: **4 hours**
Makes: **5 servings**

- **2 envelopes chicken gravy mix**
- **2 cups water**
- **¾ cup white wine**
- **1 Tbsp. minced fresh parsley**
- **1 to 2 tsp. chicken bouillon granules**
- **1 tsp. minced garlic**
- **½ tsp. pepper**
- **5 medium carrots, cut into 1-in. chunks**
- **1 large onion, cut into 8 wedges**
- **1 broiler/fryer chicken (3 to 4 lbs.), cut up and skin removed**
- **3 Tbsp. all-purpose flour**
- **⅓ cup cold water**
- **1 tube (6 oz.) refrigerated buttermilk biscuits**

1. In a 5-qt. slow cooker, combine the gravy mix, water, wine, parsley, bouillon, garlic and pepper. Add the carrots, onion and chicken. Cover and cook on low until chicken is tender, 3-4 hours. Remove chicken to cutting board. When cool enough to handle, remove meat from bones; discard bones. Cut meat into bite-sized pieces; return to slow cooker.
2. In a small bowl, combine flour and cold water until smooth; gradually stir into slow cooker. Cover and cook on high for 1 hour or until thickened.
3. Meanwhile, bake biscuits according to package directions. Place them in soup bowls; top with stew.
1½ CUPS WITH 1 BISCUIT 429 cal., 11g fat (2g sat. fat), 88mg chol., 1288mg sod., 42g carb. (6g sugars, 3g fiber), 34g pro.



SATAY-STYLE PORK STEW

Thai cuisine features flavors that are hot and sour, salty and sweet. This one-dish pork satay balances all of them using ginger and red pepper flakes, rice vinegar, garlic and creamy peanut butter.
—Nicole Werner, Ann Arbor, MI

Prep: **25 min.** • Cook: **8 hours**
Makes: **6 servings**

- **1 boneless pork shoulder butt roast (3 to 4 lbs.), cut into 1½-in. cubes**
- **2 medium parsnips, peeled and sliced**
- **1 small sweet red pepper, thinly sliced**
- **1 cup chicken broth**
- **¼ cup reduced-sodium teriyaki sauce**
- **2 Tbsp. rice vinegar**
- **1 Tbsp. minced fresh gingerroot**
- **1 Tbsp. honey**
- **2 garlic cloves, minced**
- **½ tsp. crushed red pepper flakes**
- **¼ cup creamy peanut butter**
- **Hot cooked rice, optional**
- **2 green onions, chopped**
- **2 Tbsp. chopped dry roasted peanuts**

In a 3-qt. slow cooker, combine the first 10 ingredients. Cover and cook on low until pork is tender, 8-10 hours. Skim fat; stir in peanut butter. Serve with rice if desired; top with onions and peanuts.
FREEZE OPTION Before adding toppings, freeze cooled stew in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally; add broth or water if necessary.
1 CUP 519 cal., 30g fat (10g sat. fat), 135mg chol., 597mg sod., 19g carb. (9g sugars, 3g fiber), 44g pro.

READER RAVES

"Super easy with a lot of flavor. Would make again! Thanks for sharing."

—JGA2595176, VISIT TASTEOFHOME.COM

GUMBO IN A JIFFY

This is a yummy dish. My husband loves the kick that the sausage gives this quick gumbo, and it's such a cinch to assemble.
—Amy Flack, Homer City, PA

Takes: **20 min.** • Makes: **6 servings**

- **1 pkg. (12 oz.) smoked sausage, sliced**
- **1 can (14½ oz.) diced tomatoes with green peppers and onions, undrained**
- **1 can (14½ oz.) chicken broth**
- **½ cup water**
- **1 cup uncooked instant rice**
- **1 can (7 oz.) whole kernel corn, drained**
- **Sliced green onions, optional**

In a large saucepan, cook sliced sausage until browned on both sides. Stir in the tomatoes, broth and water; bring to a boil. Stir in rice and corn; cover and remove from the heat. Let stand for 5 minutes. If desired, top with sliced green onions.

1 CUP 279 cal., 16g fat (7g sat. fat), 40mg chol., 1197mg sod., 22g carb. (6g sugars, 2g fiber), 11g pro.

SLOW-COOKED HUNGARIAN GOULASH

You will love how easily this slow-cooked version of a beloved ethnic stew comes together. My son shared the recipe with me many years ago.
—Jackie Kohn, Duluth, MN

Prep: **15 min.** • Cook: **8 hours**
Makes: **8 servings (2 qt.)**

- **2 lbs. beef top round steak, cut into 1-in. cubes**
- **1 cup chopped onion**
- **2 Tbsp. all-purpose flour**
- **1½ tsp. paprika**
- **1 tsp. garlic salt**
- **½ tsp. pepper**
- **1 can (14½ oz.) diced tomatoes, undrained**
- **1 bay leaf**
- **1 cup sour cream**
- **Hot cooked egg noodles**
- **Minced fresh parsley, optional**

1. Place beef and onion in a 3-qt. slow cooker. Combine the flour, paprika, garlic salt and pepper; sprinkle over beef and stir to coat. Stir in tomatoes; add bay leaf. Cover and cook on low until meat is tender, 8-10 hours.

2. Discard bay leaf. Just before serving, stir in sour cream; heat through. Serve with noodles. Garnish with parsley if desired.

FREEZE OPTION Before adding sour cream, cool stew. Freeze stew in freezer containers. To use, partially thaw in the refrigerator overnight. Heat through in a saucepan, stirring occasionally; add broth if necessary. Remove from heat; stir in sour cream.

1 CUP 224 cal., 8g fat (5g sat. fat), 83mg chol., 339mg sod., 7g carb. (4g sugars, 1g fiber), 27g pro.

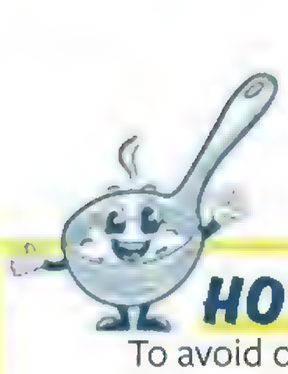
SAN FRANCISCO CIOPPINO

Traditionally, cioppino is made with whatever seafood was caught that day or whatever seafood is on hand. It began as a soup for the working class, but with how delicious it tastes, it's no wonder this dish made its way into high-end restaurants and hotels. Feel free to use whatever fish, shellfish and seafood you can find.
—Barbara Pletzke, Herndon, VA

Prep: **35 min.** • Cook: **50 min.**
Makes: **8 servings (4 qt.)**

- **2 Tbsp. olive oil**
- **1 medium fennel bulb, thinly sliced**
- **1 shallot, minced**
- **3 garlic cloves, minced**
- **6 fresh thyme sprigs**
- **2 fresh rosemary sprigs**
- **2 Tbsp. minced fresh parsley**
- **½ tsp. crushed red pepper flakes**
- **2 cans (15 oz. each) crushed tomatoes, undrained**
- **2 bottles (8 oz. each) clam juice**
- **1 cup dry red wine**
- **½ tsp. salt**
- **½ tsp. freshly ground pepper**
- **16 fresh topneck clams**
- **16 fresh mussels, scrubbed and beards removed**
- **16 uncooked shrimp (26-30 per lb.), peeled and deveined**
- **1 lb. halibut fillets, cut into 1-in. cubes**
- **16 snow crab claws**
- **16 bay scallops**
- **2 cleaned fresh or frozen calamari (squid) tubes, thawed and sliced into ⅛-in. rings (about 2 oz.)**
- **4 Tbsp. anise liqueur, such as sambuca**

1. In a Dutch oven, heat oil over medium-high heat. Add fennel; cook until crisp-tender, 2-3 minutes. Add shallot and garlic; cook 1 minute longer. Add thyme, rosemary, parsley and red pepper flakes; cook 1 minute longer. Stir in tomatoes, clam juice, wine, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 20 minutes. Discard herb stems.
2. Add clams, mussels and shrimp. Bring to a boil. Reduce heat; simmer, uncovered, for 4 minutes, stirring occasionally. Stir in halibut; cook 3 minutes. Add crab claws, scallops and calamari; cook until clams and mussels open, shrimp turn pink and scallops are opaque, 5-7 minutes longer. Discard any unopened clams or mussels.
3. Serve in bowls; top with liqueur and additional minced parsley.
2 CUPS 298 cal., 8g fat (1g sat. fat), 140mg chol., 830mg sod., 15g carb. (6g sugars, 3g fiber), 35g pro.



HOT TIPS

To avoid overcooking, it's important to add the fish and shellfish in stages. Thicker fillets and larger shrimp need more time than thin and small ones. Thaw any frozen seafood ahead of time so it cooks evenly.

ITALIAN SAUSAGE & QUINOA STEW

I like how the sweetness of the orange and yellow peppers blends with the spiciness of the Italian sausage. If you have trouble finding quinoa, substitute rice or tiny pasta in this recipe.
—Marietta Slater, Justin, TX

Prep: **20 min.** • Cook: **5 hours**
Makes: **8 servings**

- **5 Italian sausage links (4 oz. each), casings removed**
- **½ cup chopped onion**
- **1 can (16 oz.) kidney beans, rinsed and drained**
- **1 can (15¼ oz.) whole kernel corn, drained**
- **1 each medium green, sweet orange and sweet yellow peppers, cut into ¾-in. pieces**
- **1 cup quinoa, rinsed**
- **1 medium zucchini, cut in half lengthwise and sliced into ¼-in. slices**
- **3 garlic cloves, minced**
- **1 tsp. ground cumin**
- **1 tsp. dried oregano**
- **¾ tsp. salt**
- **½ tsp. crushed red pepper flakes**
- **¼ tsp. pepper**
- **1 can (14½ oz.) diced tomatoes, undrained**
- **1 (14½ oz.) can beef broth**
- **Minced fresh cilantro**

1. In a large skillet, cook sausage and onion over medium heat 5-7 minutes or until sausage is no longer pink, breaking sausage into large crumbles; drain.
2. Transfer the sausage and onion to a 4- or 5-qt. slow cooker. Stir in beans, corn, peppers, quinoa, zucchini, garlic, seasonings, tomatoes and broth. Cook, covered, on low until vegetables and quinoa are tender, 5-6 hours. Sprinkle with cilantro.
1 SERVING 363 cal., 17g fat (5g sat. fat), 38mg chol., 1188mg sod., 36g carb. (9g sugars, 8g fiber), 17g pro.

SEAFOOD GUMBO

Gumbo is one of the dishes that makes Louisiana cuisine so famous. We live across the border in Texas and can't get enough of this traditional Cajun dish featuring okra, shrimp, spicy seasonings and what is called the holy trinity—onions, green peppers and celery. This recipe calls for seafood, but you could also use chicken, duck or sausage.
—Ruth Aubey, San Antonio, TX

Prep: **20 min.** • Cook: **30 min.**
Makes: **24 servings (6 qt.)**

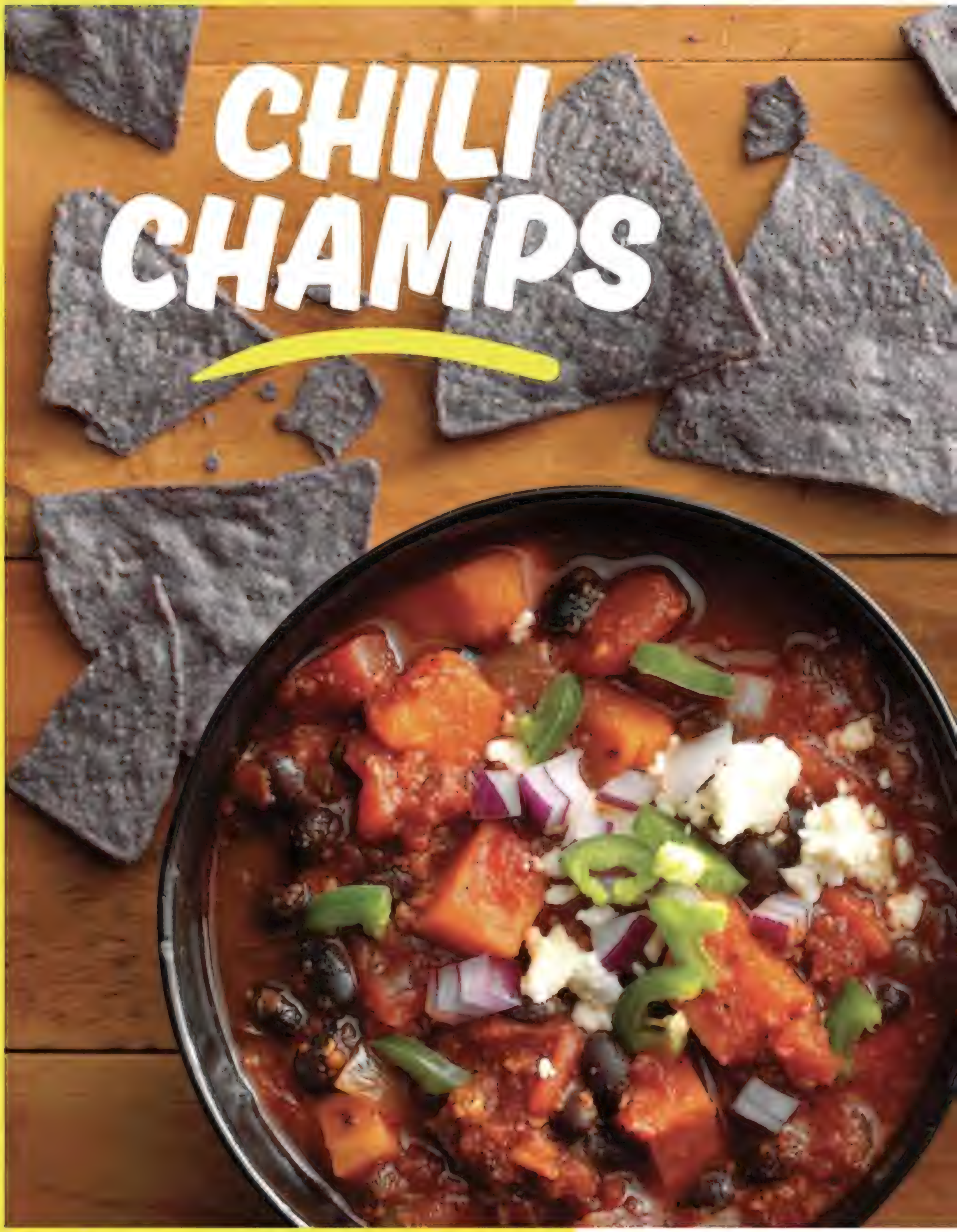
- **1 cup all-purpose flour**
- **1 cup canola oil**
- **4 cups chopped onion**
- **2 cups chopped celery**
- **2 cups chopped green pepper**
- **1 cup sliced green onions**
- **4 cups chicken broth**
- **8 cups water**
- **4 cups sliced okra**
- **2 Tbsp. paprika**
- **1 Tbsp. salt**
- **2 tsp. oregano**
- **1 tsp. ground black pepper**
- **6 cups small shrimp, rinsed and drained, or seafood of your choice**
- **1 cup minced fresh parsley**
- **2 Tbsp. Cajun seasoning**

1. In a heavy Dutch oven, combine flour and oil until smooth. Cook over medium-high heat for 5 minutes, stirring constantly. Reduce heat to medium. Cook and stir about 10 minutes more or until mixture is reddish brown.
2. Add the onion, celery, green pepper and green onions; cook and stir for 5 minutes. Add chicken broth, water, okra, paprika, salt, oregano and pepper. Bring to boil; reduce heat and simmer, covered, for 10 minutes.
3. Add the shrimp and parsley. Simmer, uncovered, about 5 minutes more or until seafood is done. Remove from heat; stir in Cajun seasoning.
1 CUP 166 cal., 10g fat (1g sat. fat), 96mg chol., 900mg sod., 10g carb. (2g sugars, 2g fiber), 10g pro.

HOT TIPS

Keep a close eye on the flour and oil (called roux) as it cooks and lower the heat as needed if the mixture starts to brown too quickly.

CHILI CHAMPS



BLACK BEAN, CHORIZO & SWEET POTATO CHILI

Chili is one of my all-time favorite dishes. This recipe takes chili to the next level by changing up the flavors and adding the surprise ingredient of sweet potatoes!
—Julie Merriman, Seattle, WA

Prep: **20 min.** • Cook: **6 hours**
Makes: **16 servings (4 qt.)**

- **1 lb. uncooked chorizo, casings removed, or spicy bulk pork sausage**
- **1 large onion, chopped**
- **2 poblano peppers, finely chopped**
- **2 jalapeno peppers, seeded and finely chopped**
- **3 Tbsp. tomato paste**
- **3 large sweet potatoes, peeled and cut into ½-in. cubes**
- **4 cans (14½ oz. each) fire-roasted diced tomatoes, undrained**
- **2 cans (15 oz. each) black beans, rinsed and drained**
- **2 cups beef stock**
- **2 Tbsp. chili powder**
- **1 Tbsp. dried oregano**
- **1 Tbsp. ground coriander**
- **1 Tbsp. ground cumin**
- **1 Tbsp. smoked paprika**
- **¼ cup lime juice**
- **Optional: Chopped jalapenos, chopped red onion and crumbled queso fresco**

1. In a large skillet, cook and stir the chorizo, onion, poblanos and jalapenos over medium heat for 8-10 minutes or until chorizo is cooked. Using a slotted spoon, transfer to a 6-qt. slow cooker.
2. Stir in tomato paste. Add the potatoes, tomatoes, beans, stock and spices; stir to combine. Cover and cook on low for 6-7 hours or until potatoes are tender. Stir in the lime juice. If desired, top with chopped jalapenos, chopped red onion and crumbled queso fresco.
1 CUP 263 cal., 9g fat (3g sat. fat), 25mg chol., 823mg sod., 33g carb. (11g sugars, 6g fiber), 12g pro.

SPICY TOUCHDOWN CHILI

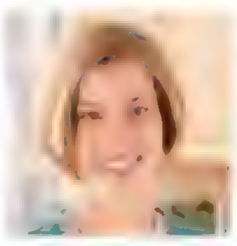
Football, cool weather and chili just seem to go together. Whether I'm cheering on the local team on a Friday night or enjoying a Saturday afternoon of Oklahoma Sooner football with some friends, I enjoy serving this chili on game day.
—Chris Neal, Quapaw, OK

Prep: **30 min.**
Cook: **4 hours**
Makes: **12 servings (3 qt.)**

- **1 lb. ground beef**
- **1 lb. bulk pork sausage**
- **2 cans (16 oz. each) kidney beans, rinsed and drained**
- **2 cans (15 oz. each) pinto beans, rinsed and drained**
- **2 cans (14½ oz. each) diced tomatoes with mild green chiles, undrained**
- **1 can (14½ oz.) diced tomatoes with onions, undrained**
- **1 can (12 oz.) beer**
- **6 bacon strips, cooked and crumbled**
- **1 small onion, chopped**
- **¼ cup chili powder**
- **¼ cup chopped pickled jalapeno slices**
- **2 tsp. ground cumin**
- **2 garlic cloves, minced**
- **1 tsp. dried basil**
- **¾ tsp. cayenne pepper**
- **Optional: Shredded cheddar cheese, sour cream and chopped green onions**

1. In a large skillet, cook beef over medium heat until no longer pink, 6-8 minutes, crumbling beef; drain. Transfer to a 6-qt. slow cooker. Repeat with sausage.
2. Stir in the next 13 ingredients. Cook, covered, on low until heated through, 4-5 hours. If desired, top individual servings with shredded cheddar cheese, sour cream and chopped green onions.
1 CUP 365 cal., 15g fat (5g sat. fat), 48mg chol., 901mg sod., 34g carb. (7g sugars, 9g fiber), 22g pro.

BUFFALO CHICKEN CHILI



This Buffalo chicken chili is rich in the best way. The cream cheese, blue cheese and tangy hot sauce join forces for a dinner recipe absolutely everyone will love.
—Peggy Woodward, Shullsburg, WI

Prep: **10 min.** • Cook: **5½ hours**
Makes: **6 servings**

- **1 can (15½ oz.) navy beans, rinsed and drained**
- **1 can (14½ oz.) chicken broth**
- **1 can (14½ oz.) fire-roasted diced tomatoes**
- **1 can (8 oz.) tomato sauce**
- **½ cup Buffalo wing sauce**
- **½ tsp. onion powder**
- **½ tsp. garlic powder**
- **1 lb. boneless skinless chicken breast halves**
- **1 pkg. (8 oz.) cream cheese, cubed and softened**
- **Optional toppings: Crumbled blue cheese, chopped celery and chopped green onions**

1. In a 4- or 5-qt. slow cooker, combine the first 7 ingredients. Add chicken. Cover and cook on low 5-6 hours or until chicken is tender.
2. Remove chicken; shred with 2 forks. Return to slow cooker. Stir in cream cheese. Cover and cook on low until cheese is melted, about 30 minutes. Stir until blended. Serve with toppings as desired.
NOTE Leftovers won't freeze well due to the cream cheese, which can curdle when frozen.
1¼ CUPS 337 cal., 16g fat (8g sat. fat), 80mg chol., 1586mg sod., 25g carb. (5g sugars, 5g fiber), 25g pro.

READER RAVES

"The whole family enjoyed this meal. It was super easy to make and didn't take much time."

—BRADY632, VISIT TASTEOFHOME.COM

CORNY CHILI

This southwestern chili full of corn is so delicious and fuss-free. I love to share the recipe with others. Busy moms really appreciate its simplicity.
—Marlene Olson, Hoople, ND

Prep: **20 min.** • Cook: **3 hours**
Makes: **6 servings**

- **1 lb. ground beef**
- **1 small onion, chopped**
- **1 can (16 oz.) kidney beans, rinsed and drained**
- **2 cans (14½ oz. each) diced tomatoes, undrained**
- **1 can (11 oz.) whole kernel corn, drained**
- **¾ cup picante sauce**
- **1 Tbsp. chili powder**
- **¼ to ½ tsp. garlic powder**
- **Optional: Corn chips, sour cream and shredded cheddar cheese**

1. In a large skillet, cook beef and onion over medium heat until meat is no longer pink, breaking into crumbles; drain.
2. Transfer to a 3-qt. slow cooker. Stir in beans, tomatoes, corn, picante sauce, chili powder and garlic powder. Cover and cook on low for 3-4 hours or until heated through. If desired, serve with corn chips, sour cream and cheese.
1 CUP 274 cal., 9g fat (3g sat. fat), 47mg chol., 790mg sod., 27g carb. (10g sugars, 8g fiber), 20g pro. **DIABETIC EXCHANGES** 3 lean meat, 2 starch.

CARROT & LENTIL CHILI

This is one of my favorite plant-based versions of chili. I love to make this in fall and spring for the satisfying combination of fresh bright orange carrots and hearty earthy lentils. I serve it with yogurt, sour cream or plant-based cheese.
—Rebekah Ranes, Sedona, AZ

Prep: **30 min.** • Cook: **4½ hours**
Makes: **8 servings (2½ qt.)**

- **2 Tbsp. olive oil**
- **1 medium onion, chopped**
- **¾ cup dried green lentils, rinsed**
- **¾ cup dried red lentils, rinsed**
- **6 garlic cloves, minced**
- **6 cups chopped carrots (about 10 medium carrots)**
- **1 carton (32 oz.) reduced-sodium vegetable broth**
- **1 Tbsp. ground cumin**
- **1 tsp. salt**
- **2 tsp. paprika**
- **1 tsp. chili powder**
- **1 can (15 oz.) crushed tomatoes, undrained**
- **2 medium ripe avocados, peeled and cubed**
- **Optional: Sour cream, sliced red onion and additional paprika**

1. In a large skillet, heat oil over medium-high heat. Add onion; cook and stir until tender, 4-5 minutes. Add lentils and garlic; cook 1 minute longer. Transfer to a 5- or 6-qt. slow cooker. Stir in carrots, broth and seasonings. Cook, covered, on low 4-6 hours or until vegetables and lentils are tender.
2. Stir in crushed tomatoes; cook, covered, 30 minutes longer. Serve with avocados and, if desired, sour cream, red onion and additional paprika.
FREEZE OPTION Freeze the cooled chili in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally; add broth or water if necessary.
1¼ CUPS 310 cal., 10g fat (1g sat. fat), 0 chol., 574mg sod., 47g carb. (11g sugars, 12g fiber), 13g pro.

MEXICAN CHICKEN CHILI

Corn and black beans give this satisfying chili Mexican flair the whole family will love. Adjust the cayenne if you have small children or are looking for a little less zip.
—Stephanie Rabbitt-Schapp, Cincinnati, OH

Prep: **30 min.** • Cook: **5 hours**
Makes: **6 servings (2 qt.)**

- **1 lb. boneless skinless chicken breasts, cubed**
- **1 Tbsp. canola oil**
- **2 cans (14½ oz. each) diced tomatoes, undrained**
- **2 cups frozen corn**
- **1 can (15 oz.) black beans, rinsed and drained**
- **1 can (14½ oz.) reduced-sodium chicken broth**
- **1 can (4 oz.) chopped green chiles**
- **2 Tbsp. chili powder**
- **1 Tbsp. ground cumin**
- **½ tsp. salt**
- **¼ tsp. cayenne pepper**

In a large skillet, brown chicken in oil. Transfer to a 5-qt. slow cooker. Stir in the remaining ingredients. Cover and cook on low until chicken is no longer pink, 5-6 hours.

1⅓ CUPS 254 cal., 5g fat (1g sat. fat), 42mg chol., 843mg sod., 31g carb. (6g sugars, 8g fiber), 23g pro.

Signature Round 5½-qt. Dutch Oven $420
lecreuset.com

JUMPIN' ESPRESSO BEAN CHILI

I love experimenting with chili and creating different takes on the classic hearty dish. This meatless version is low in fat but high in flavor. Everyone tries to guess the secret ingredient, but no one ever thinks it's coffee!
—Jess Apfe, Berkeley, CA

Prep: **15 min.** • Cook: **35 min.**
Makes: **7 servings**

- **3 medium onions, chopped**
- **2 Tbsp. olive oil**
- **2 Tbsp. brown sugar**
- **2 Tbsp. chili powder**
- **2 Tbsp. ground cumin**
- **1 Tbsp. instant espresso powder or instant coffee granules**
- **1 Tbsp. baking cocoa**
- **¾ tsp. salt**
- **2 cans (14½ oz. each) no-salt-added diced tomatoes**
- **1 can (15 oz.) black beans, rinsed and drained**
- **1 can (15 oz.) kidney beans, rinsed and drained**
- **1 can (15 oz.) garbanzo beans or chickpeas, rinsed and drained**
- **Optional toppings: Sour cream, thinly sliced green onions, shredded cheddar cheese and pickled jalapeno slices**

1. In a Dutch oven, saute the onions in oil until tender. Add the brown sugar, chili powder, cumin, espresso powder, cocoa and salt; cook and stir for 1 minute.
2. Stir in tomatoes and beans. Bring to a boil. Reduce heat; cover and simmer for 30 minutes to allow flavors to blend. If desired, serve with sour cream, onions, cheese and jalapeno slices.
1 CUP 272 cal., 6g fat (1g sat. fat), 0 chol., 620mg sod., 45g carb. (14g sugars, 12g fiber), 12g pro. **DIABETIC EXCHANGES** 2½ starch, 2 vegetable, 1 lean meat.

BEEF TACO CHILI

This is one of my husband's absolute favorite dishes. It was voted best chili at our county's autumn harvest festival. If you like less broth, use just 1¾ cups water and 1½ tsp. bouillon.
—Dana Beery, Ione, WA

Prep: **25 min.** • Cook: **7 hours**
Makes: **6 servings (2¼ qt.)**

- **1 lb. ground beef**
- **1 medium onion, chopped**
- **2½ cups water**
- **2 cans (15 oz. each) pinto beans, rinsed and drained**
- **1 can (14½ oz.) diced tomatoes, undrained**
- **2 cans (8 oz. each) tomato sauce**
- **2½ tsp. beef bouillon granules**
- **2 garlic cloves, minced**
- **1 envelope taco seasoning**
- **2 Tbsp. chili powder**
- **2 tsp. dried oregano**
- **2 tsp. baking cocoa**
- **1½ tsp. ground cumin**
- **1 tsp. Louisiana-style hot sauce**
- **½ tsp. pepper**
- **Optional toppings: Sour cream, tortilla strips and sliced jalapenos**

1. Cook beef and onion in a large skillet over medium heat until meat is no longer pink, 5-7 minutes, breaking beef into crumbles; drain. Transfer to a 4-qt. slow cooker. Stir in the next 13 ingredients.
2. Cover and cook on low for 7-9 hours or until heated through. Serve with toppings as desired.
1½ CUPS 337 cal., 11g fat (3g sat. fat), 47mg chol., 1657mg sod., 39g carb. (7g sugars, 10g fiber), 23g pro.

EASY TURKEY CHILI

This is a nice change of pace from traditional beef chili, offering a whole different set of flavors to enjoy. It's also ready fast. I like to serve cheddar cheese bread on the side, or try it over rice.
—Traci Wynne, Denver, PA

Prep: **20 min.** • Cook: **5 min. + releasing**
Makes: **8 servings (2 qt.)**

- **1 can (16 oz.) kidney beans, rinsed and drained**
- **1 can (15 oz.) black beans, rinsed and drained**
- **1 can (14½ oz.) Mexican stewed tomatoes, undrained**
- **1 can (8 oz.) tomato sauce**
- **1 small sweet red pepper, finely chopped**
- **1 small onion, chopped**
- **1 cup beef broth**
- **1 jalapeno pepper, seeded and minced**
- **2 Tbsp. chili powder**
- **½ tsp. salt**
- **¼ tsp. pepper**
- **1¼ lbs. ground turkey**
- **Optional: Sour cream and sliced jalapeno**

1. Combine the first 11 ingredients in a 6-qt. electric pressure cooker. Crumble turkey over top; stir to combine. Lock lid; close pressure-release valve. Adjust to pressure-cook on high for 5 minutes.
2. Allow the pressure to naturally release for 10 minutes, then quick-release any remaining pressure. Stir chili. If desired, serve with sour cream and additional jalapenos.
NOTE Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.
1 CUP 231 cal., 6g fat (1g sat. fat), 47mg chol., 817mg sod., 24g carb. (4g sugars, 7g fiber), 21g pro.

CINCINNATI-STYLE CHILI

My husband had this type of chili when visiting a friend in Ohio and was thrilled when a friend gave me a recipe. I made a few tweaks, and it was a big hit. Make the sauce ahead and freeze it, and you can have dinner on the table in the time it takes to boil spaghetti. A quick tossed salad completes the meal.
—Tari Ambler, Shorewood, IL

Prep: **15 min.** • Cook: **2 hours**
Makes: **5 servings**

- **2 lbs. ground beef**
- **2 medium onions, chopped**
- **2 cups water**
- **1 can (8 oz.) tomato sauce**
- **1 can (6 oz.) tomato paste**
- **3 Tbsp. chili powder**
- **½ oz. unsweetened chocolate, chopped**
- **4 garlic cloves, minced**
- **2 Tbsp. cider vinegar**
- **2 tsp. Worcestershire sauce**
- **1 bay leaf**
- **1 tsp. salt**
- **1 tsp. ground cumin**
- **1 tsp. ground cinnamon**
- **½ tsp. ground allspice**
- **¼ tsp. ground cloves**
- **⅛ to ¼ tsp. cayenne pepper**
- **Optional: Hot cooked spaghetti, shredded cheddar cheese, additional chopped onion, rinsed and drained kidney beans and oyster crackers**

1. In a Dutch over medium heat, cook beef and onions until beef is no longer pink and onions are tender, 10-12 minutes, breaking meat into crumbles; drain. Add the next 15 ingredients. Bring to a boil; reduce heat.
2. Simmer, uncovered, about 1¾ hours or until desired consistency is achieved, stirring occasionally. Discard bay leaf. If desired, serve with spaghetti, cheese, additional chopped onion, kidney beans and oyster crackers.
1 CUP 431 cal., 24g fat (9g sat. fat), 112mg chol., 967mg sod., 18g carb. (6g sugars, 5g fiber), 37g pro.

PRESSURE-COOKER WHITE CHILE CHICKEN ENCHILADA SOUP

I created this thick and creamy soup by adapting several recipes into one. Although it was previously a slow-cooker soup, the pressure cooker brings it to the table much sooner. It's an easy dinner when you want a delicious chicken soup with lots of flavor. *—Joan Hallford, North Richland Hills, TX*

Prep: **20 min.** • Cook: **10 min.**
Makes: **8 servings (2½ qt.)**

- **1 carton (32 oz.) reduced-sodium chicken broth**
- **1 can (15½ oz.) great northern beans, rinsed and drained**
- **2 boneless skinless chicken breast halves (6 oz. each)**
- **1 can (10 oz.) green enchilada sauce**
- **1 cup chunky salsa**
- **1 can (4 oz.) chopped green chiles**
- **2½ tsp. chili powder**
- **2 tsp. ground cumin**
- **1 tsp. garlic powder**
- **1½ cups frozen corn, thawed**
- **½ cup sour cream**
- **2 Tbsp. lemon or lime juice**
- **¼ tsp. pepper**
- **Optional toppings: Corn chips, avocado slices and shredded pepper jack cheese**

1. Place the first 9 ingredients in a 6-qt. electric pressure cooker. Lock lid; close pressure-release valve. Adjust to pressure-cook on high for 6 minutes. Quick-release pressure.
2. Remove chicken; shred with 2 forks. Return to pressure cooker. Stir in corn, sour cream, lemon juice and pepper. Serve with toppings as desired.
FREEZE OPTION Freeze cooled soup in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally; add broth if necessary.
1¼ CUPS 183 cal., 6g fat (2g sat. fat), 27mg chol., 752mg sod., 20g carb. (3g sugars, 4g fiber), 14g pro.

EFFORTLESS BLACK BEAN CHILI

My mom found the inspiration for this chili in a slow-cooker cookbook. After a few updates, all of us love it (even those of us who steer clear of beans). We think it's even better served over rice.
—Amelia Gormley, Ephrata, PA

Prep: **25 min.** • Cook: **6 hours**
Makes: **6 servings**

- **1 lb. ground turkey**
- **1 small onion, chopped**
- **3 tsp. chili powder**
- **2 tsp. minced fresh oregano or ¾ tsp. dried oregano**
- **1 tsp. chicken bouillon granules**
- **1 jar (16 oz.) mild salsa**
- **1 can (15¼ oz.) whole kernel corn, drained**
- **1 can (15 oz.) black beans, rinsed and drained**
- **1 can (14½ oz.) diced tomatoes, undrained**
- **½ cup water**
- **Optional toppings: Sour cream, finely chopped red onion, chopped cilantro and corn chips**

1. In a large skillet, cook and crumble turkey with onion over medium-high heat until no longer pink, 5-7 minutes. Transfer to a 4-qt. slow cooker.
2. Stir in the next 8 ingredients. Cook, covered, on low until flavors are blended, 6-8 hours. Top as desired.
1 CUP 242 cal., 6g fat (1g sat. fat), 50mg chol., 868mg sod., 26g carb. (9g sugars, 6g fiber), 20g pro.

QUICK WHITE CHILI

This recipe went from a gigantic mistake to a tasty triumph. I created it by accident—and it got rave reviews. Now I whip up this quick-as-lightning dish when I'm pinched for time.
—Cynthia Lynn Bloemker, Effingham, IL

Takes: **10 min.** • Makes: **8 servings (2 qt.)**

- **1 jar (48 oz.) great northern beans, rinsed and drained**
- **2 cans (one 10 oz., one 5 oz.) chunk white chicken, drained**
- **1¼ cups whole milk**
- **1 cup sour cream**
- **1 can (4 oz.) chopped green chiles**
- **1 tsp. salt-free seasoning blend**
- **1 cup shredded Italian cheese blend**
- **2 Tbsp. minced fresh cilantro**
- **Optional: Additional sour cream and minced fresh cilantro**

In a large saucepan, combine the first 6 ingredients. Bring to a boil over medium-high heat; remove from the heat. Add cheese and cilantro; stir until cheese is melted. If desired, serve with additional sour cream and cilantro.
1 CUP 310 cal., 11g fat (7g sat. fat), 60mg chol., 788mg sod., 29g carb. (3g sugars, 9g fiber), 23g pro. **DIABETIC EXCHANGES** 3 lean meat, 2 starch.

SWEET POTATO CHILI WITH TURKEY

Swapping ground turkey for ground beef lightens up this chili.
—Rachel Lewis, Danville, VA

Prep: **20 min.** • Cook: **5 hours**
Makes: **6 servings (2¼ qt.)**

- **1 lb. ground turkey**
- **1 small onion, chopped**
- **2 cups chicken broth**
- **1 can (15 oz.) sweet potato puree or canned pumpkin**
- **1 can (4 oz.) chopped green chiles**
- **1 Tbsp. chili powder**
- **1 tsp. garlic powder**
- **1 tsp. ground cumin**
- **1 tsp. curry powder**
- **½ tsp. dried oregano**
- **½ tsp. salt**
- **1 can (15½ oz.) great northern beans, rinsed and drained**
- **Optional: Sour cream, fresh cilantro and sliced red onions**

1. In a large skillet, cook turkey and onion over medium heat until turkey is no longer pink and onion is tender, 5-7 minutes, breaking up turkey into crumbles; drain. Transfer to a 3- or 4-qt. slow cooker.
2. Stir in broth, sweet potato puree, chiles and seasonings. Cook, covered, on low 4-5 hours. Stir in beans; cook until heated through, about 1 hour. If desired, top with sour cream, cilantro and red onions.
FREEZE OPTION Freeze cooled chili in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally; add broth if necessary.
1½ CUPS 243 cal., 6g fat (1g sat. fat), 52mg chol., 606mg sod., 27g carb. (5g sugars, 7g fiber), 20g pro. **DIABETIC EXCHANGES** 2 starch, 2 lean meat.

SLOW-COOKER QUINOA CHILI

This recipe turned my husband into a quinoa lover. I made it the day he got good news on a new job, and we'll always remember how excited we were as we ate this beautiful meal.
—Claire Gallam, Alexandria, VA

Prep: **25 min.** • Cook: **4 hours**
Makes: **10 servings (3¾ qt.)**

- **1 lb. lean ground beef (90% lean)**
- **1 medium onion, chopped**
- **2 garlic cloves, minced**
- **1 can (28 oz.) diced tomatoes with mild green chiles, undrained**
- **1 can (14 oz.) fire-roasted diced tomatoes, undrained**
- **1 can (15 oz.) garbanzo beans or chickpeas, rinsed and drained**
- **1 can (15 oz.) black beans, rinsed and drained**
- **2 cups reduced-sodium beef broth**
- **1 cup quinoa, rinsed**
- **2 tsp. onion soup mix**
- **1 to 2 tsp. crushed red pepper flakes**
- **1 tsp. garlic powder**
- **¼ to ½ tsp. cayenne pepper**
- **¼ tsp. salt**
- **Optional: Shredded cheddar cheese, chopped avocado, chopped red onion, sliced jalapeno, sour cream and cilantro**

1. In a large skillet, cook beef, onion and garlic over medium-high heat 6-8 minutes or until meat is no longer pink, breaking it into crumbles; drain.
2. Transfer the mixture to a 5- or 6-qt. slow cooker. Add next 11 ingredients; stir to combine. Cook, covered, on low 4-5 hours, until quinoa is tender.
3. Serve with optional toppings as desired.
1½ CUPS 318 cal., 7g fat (2g sat. fat), 37mg chol., 805mg sod., 41g carb. (7g sugars, 8g fiber), 21g pro. **DIABETIC EXCHANGES** 2½ starch, 2 lean meat.

HOT TIPS

To make this chili vegetarian, omit the ground beef.

SPICED BUTTERNUT SQUASH CHILI

I love how a hint of heat with a touch of sweetness from the Gustus Vitae spicy chocolate cinnamon cane sugar adds another layer of flavor to this chili recipe.
—Jeanne Larson, Rancho Santa Margarita

Prep: **20 min.** • Cook: **30 min.**
Makes: **8 servings (2 qt.)**

- **1 lb. ground beef or turkey**
- **¾ cup chopped red onion**
- **5 garlic cloves, minced**
- **3 Tbsp. tomato paste**
- **1 Tbsp. chili powder**
- **1 tsp. ground cumin**
- **½ to 1 tsp. salt**
- **1¾ to 2 cups water**
- **1 can (15 oz.) black beans, rinsed and drained**
- **1 can (15 oz.) pinto beans, rinsed and drained**
- **1 can (14½ oz.) diced tomatoes**
- **1 can (14½ to 15 oz.) tomato sauce**
- **1 Tbsp. Gustus Vitae spicy chocolate cinnamon cane sugar**
- **3 cups peeled butternut squash, cut into ½-in. cubes**
- **2 Tbsp. cider vinegar**
- **Optional: Chopped avocado, plain Greek yogurt and shredded mozzarella cheese**

1. In a Dutch oven over medium heat, cook beef and onion, crumbling meat, until beef is no longer pink and onion is tender, 6-8 minutes.
2. Add next 5 ingredients; cook 1 minute longer. Stir in water, both types of beans, diced tomatoes, tomato sauce and spicy chocolate cinnamon sugar. Bring to a boil; reduce heat. Stir in squash; simmer, covered, 20-25 minutes or until squash is tender. Stir in vinegar.
3. If desired, serve with chopped avocado, Greek yogurt and shredded mozzarella cheese.
1 CUP 261 cal., 8g fat (3g sat. fat), 35mg chol., 704mg sod., 32g carb. (6g sugars, 8g fiber), 18g pro.

READER RAVES

"I had a butternut squash, so I decided to try this recipe. It was really tasty."
—QUEENLALISA, VISIT TASTEOFHOME.COM

LIME NAVY BEAN CHILI

I love using my slow cooker for tasty soups like this one. Just fill it in the morning and come home later to a wonderful, warm meal—no matter how busy the day!
—Connie Thomas, Jensen, UT

Prep: **35 min. + soaking** • Cook: **5 hours**
Makes: **6 servings**

- **1¼ cups dried navy beans**
- **3 cups water**
- **2 bone-in chicken breast halves (7 oz. each), skin removed**
- **1 cup frozen corn**
- **1 medium onion, chopped**
- **1 can (4 oz.) chopped green chiles**
- **4 garlic cloves, minced**
- **1 Tbsp. chicken bouillon granules**
- **1 tsp. ground cumin**
- **½ tsp. chili powder**
- **2 Tbsp. lime juice**
- **Minced fresh cilantro, optional**

1. Rinse and sort beans. Place in a large saucepan; add water to cover by 2 in. Let soak, covered, overnight. Drain and rinse beans, discarding liquid.
2. Return beans to saucepan; add water to cover by 2 in. Bring to a boil. Boil 15 minutes. Drain and rinse beans, discarding liquid.
3. In a 3-qt. slow cooker, combine beans, 3 cups water, chicken, corn, onion, chiles, garlic, bouillon, cumin and chili powder. Cover and cook on low until a thermometer inserted in chicken reads 170° and beans are tender, for 5-6 hours.
4. Remove chicken breasts; set aside until cool enough to handle. Remove meat from bones; discard bones. Cut chicken into bite-sized pieces; return to slow cooker. Stir in the lime juice just before serving. If desired, serve with fresh cilantro.
1 CUP 250 cal., 2g fat (1g sat. fat), 30mg chol., 532mg sod., 37g carb. (5g sugars, 12g fiber), 22g pro. **DIABETIC EXCHANGES** 3 lean meat, 2 starch, 1 vegetable.

COWBOY CORNBREAD

This cornbread is richer and sweeter than others I've tried. It's especially delicious alongside ham and beans.
—Karen Ann Bland, Gove, KS

Prep: **15 min.** • Bake: **25 min.**
Makes: **12 servings**

- **2 cups biscuit/baking mix**
- **1 cup yellow cornmeal**
- **¾ cup sugar**
- **½ tsp. baking soda**
- **½ tsp. salt**
- **2 large eggs, room temperature**
- **1 cup butter, melted**
- **1 cup half-and-half cream**

1. In a large bowl, combine the first 5 ingredients. In another bowl, combine eggs, butter and half-and-half; stir into dry ingredients just until moistened. Spread into a greased 13x9-in. baking pan.
2. Bake at 350° for 25-30 minutes or until a toothpick inserted in the center comes out clean. Serve warm.
1 PIECE 345 cal., 21g fat (12g sat. fat), 85mg chol., 532mg sod., 34g carb. (14g sugars, 1g fiber), 4g pro.

HOT TIPS

The cheese bowls can be made a few hours before serving. Store, covered, in a parchment-lined container at room temperature.

CAESAR SALAD IN PEPPERED PARMESAN BOWLS

Edible salad bowls look impressive but are a cinch to make. It can be your little secret!
—Melissa Wilkes, St. Augustine, FL

Prep: **20 min.** • Cook: **15 min.**
Makes: **8 servings**

- **2 cups shredded Parmesan cheese**
- **½ tsp. coarsely ground pepper**
- **2 romaine hearts, cut into bite-sized pieces (about 6 cups)**
- **1 cup grape tomatoes, halved**
- **¾ cup Caesar salad croutons, slightly crushed**
- **¼ cup creamy Caesar salad dressing**

1. In a small bowl, toss cheese with pepper. Heat a small nonstick skillet over medium heat. Evenly sprinkle ¼ cup cheese mixture into the pan to form a 6-in. circle; cook, uncovered, until bubbly and edge is golden brown, 1-2 minutes. Remove skillet from heat; let stand for 15 seconds.
2. Using a spatula, carefully remove cheese and immediately drape over an inverted 4-oz. ramekin; press cheese gently to form a bowl. Cool completely. Repeat with the remaining cheese, making 8 bowls.
3. In a large bowl, combine romaine hearts, grape tomatoes and croutons. Just before serving, drizzle with salad dressing and toss to coat. Serve in cheese bowls.
1 SERVING 138 cal., 9g fat (4g sat. fat), 17mg chol., 463mg sod., 5g carb. (1g sugars, 1g fiber), 9g pro.

ROSEMARY-GARLIC DINNER ROLLS

These rolls are so soft and have such wonderful flavor. What a nice touch to bring to both holiday dinners and family meals—and so easy too!
—Linda Crawford, Milwaukee, WI

Prep: **15 min. + rising** • Bake: **15 min.**
Makes: **16 rolls**

- **1 cup water (70° to 80°)**
- **2 Tbsp. butter, softened**
- **1 large egg, room temperature, lightly beaten**
- **3 Tbsp. sugar**
- **1 Tbsp. dried rosemary, crushed**
- **2 tsp. dried minced garlic**
- **1 tsp. salt**
- **3¼ cups bread flour**
- **1 pkg. (¼ oz.) active dry yeast**
- **Large egg, beaten, optional**

1. In bread machine pan, place the first 9 ingredients in order suggested by manufacturer. Select dough setting (check dough after 5 minutes of mixing; add 1-2 Tbsp. water or flour if needed).
2. When cycle is completed, turn dough onto a lightly floured surface. Divide into 16 portions; shape into balls. Divide between 2 greased 9-in. round baking pans. Cover and let rise until doubled, about 30 minutes. Preheat oven to 375°.
3. If desired, brush rolls with beaten egg. Bake until golden brown, 12-15 minutes. Remove from pans to wire racks.
1 ROLL 111 cal., 2g fat (1g sat. fat), 17mg chol., 162mg sod., 21g carb. (2g sugars, 1g fiber), 4g pro.

READER RAVES

"I made this for a family get-together, and it was a huge hit. A lot of people asked for the recipe."

—LYNNMO, VISIT TASTEOFHOME.COM

FRUIT & SPINACH SALAD

The combination of sweet fruit and salty feta cheese makes this salad a winner.
—Virginia Dack, Asheville, NC

Takes: **10 min.** • Makes: **2 servings**

- **2 cups fresh baby spinach**
- **1 snack-size cup (4 oz.) mandarin oranges, drained**
- **⅓ cup seedless red grapes, halved**
- **¼ cup crumbled feta cheese**
- **2 Tbsp. chopped walnuts, toasted**
- **1 green onion, chopped**
- **¼ cup oil and vinegar salad dressing**

In a salad bowl, combine baby spinach, oranges, red grapes, feta cheese, walnuts and onion. Drizzle with dressing; toss to coat. Serve immediately.

1 SERVING 235 cal., 16g fat (2g sat. fat), 8mg chol., 644mg sod., 19g carb. (16g sugars, 2g fiber), 6g pro. **DIABETIC EXCHANGES** 3 fat, 1 vegetable, ½ fruit.

DUTCH-OVEN BREAD

Crackling homemade bread makes an average day extraordinary. Enjoy this beautiful crusty bread recipe as is, or stir in a few favorites like cheese, garlic, herbs and dried fruits.
—*Catherine Ward, Mequon, WI*

Prep: **15 min. + rising**
Bake: **45 min. + cooling**
Makes: **1 loaf (16 pieces)**

- **3 to 3½ cups (125 grams per cup) all-purpose flour**
- **1 tsp. active dry yeast**
- **1 tsp. salt**
- **1½ cups water (70° to 75°)**

1. In a large bowl, whisk 3 cups flour, yeast and salt. Stir in water and enough remaining flour to form a moist, shaggy dough. Do not knead. Cover and let rise in a cool place until doubled, 7-8 hours.
2. Preheat oven to 450°; place a Dutch oven with lid on center rack and heat for at least 30 minutes. Once Dutch oven is heated, turn out dough onto a generously floured surface. Using a metal scraper or spatula, quickly shape into a round loaf. Gently place on a piece of parchment.
3. Using a sharp knife, make a ¼-in.-deep slash across top of loaf. Using parchment, immediately lower bread into heated Dutch oven. Cover; bake for 30 minutes. Uncover and bake for 15-20 minutes longer or until bread is deep golden brown and sounds hollow when tapped, partially covering if it's browning too much. Remove loaf from pan and cool completely on a wire rack.
1 PIECE 86 cal., 0 fat (0 sat. fat), 0 chol., 148mg sod., 18g carb. (0 sugars, 1g fiber), 3g pro.

HEARTY SPINACH SALAD WITH HOT BACON DRESSING

This warm, hearty spinach and bacon salad offers comfort at any meal. The glossy dressing features a hint of celery seed for a special touch.
—Taste of Home *Test Kitchen*

Takes: **30 min.** • Makes: **6 servings**

- **8 cups torn fresh spinach**
- **3 bacon strips, diced**
- **½ cup chopped red onion**
- **2 Tbsp. brown sugar**
- **2 Tbsp. cider vinegar**
- **¼ tsp. salt**
- **¼ tsp. ground mustard**
- **⅛ tsp. celery seed**
- **⅛ tsp. pepper**
- **1 tsp. cornstarch**
- **⅓ cup cold water**

1. Place spinach in a large salad bowl. In a small nonstick skillet, cook bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels to drain.
2. In drippings, saute onion until tender. Stir in brown sugar, vinegar, salt, mustard, celery seed and pepper. In a small bowl, combine cornstarch and water until smooth; stir into skillet. Bring to a boil; cook and stir until thickened, 1-2 minutes.
3. Remove from heat; pour over spinach and toss to coat. Sprinkle with bacon. Serve immediately.
¾ CUP 97 cal., 7g fat (2g sat. fat), 8mg chol., 215mg sod., 8g carb. (6g sugars, 1g fiber), 2g pro. **DIABETIC EXCHANGES** 1½ fat, 1 vegetable.

SIMPLE BISCUITS

It's so easy to whip up a batch of these biscuits to serve with breakfast or dinner. The dough is easy to work with, so there's no need for a rolling pin—just pat to the right thickness. The key is not to overwork the dough.
—Taste of Home *Test Kitchen*

Takes: **25 min.** • Makes: **15 biscuits**

- **2 cups all-purpose flour**
- **3 tsp. baking powder**
- **1 tsp. salt**
- **⅓ cup cold butter, cubed**
- **⅔ cup 2% milk**

1. Preheat oven to 450°. In a large bowl, whisk flour, baking powder and salt. Cut in butter until mixture resembles coarse crumbs. Add milk; stir just until moistened.
2. Turn out onto a lightly floured surface; knead gently 8-10 times. Pat dough to ½-in. thickness. Cut with a 2½-in. biscuit cutter.
3. Place 1 in. apart on an ungreased baking sheet. Bake 10-15 minutes or until golden brown. Serve warm.
1 BISCUIT 153 cal., 7g fat (4g sat. fat), 18mg chol., 437mg sod., 20g carb. (1g sugars, 1g fiber), 3g pro.

BLT TURKEY SALAD

This variation of a BLT salad goes great with a side of garlic bread or garlic toast—it will satisfy even the pickiest eaters.
—Sherry Conley, Noel, NS

Takes: **20 min.**
Makes: **12 servings**

- ½ cup plain yogurt
- ½ cup mayonnaise
- 2 Tbsp. sugar
- 2 Tbsp. red wine vinegar
- ½ tsp. garlic powder
- 6 cups torn romaine or leaf lettuce
- 4 cups cubed cooked turkey
- 1½ cups chopped tomatoes
- 1½ cups shredded part-skim mozzarella cheese
- 1½ cups shredded cheddar cheese
- 10 bacon strips, cooked and crumbled
- ½ cup chopped green pepper
- ½ cup chopped red onion
- ½ cup chopped cucumber

In a large salad bowl, whisk the first 5 ingredients. Add remaining ingredients; toss to coat.
1¼ CUPS 294 cal., 19g fat (7g sat. fat), 79mg chol., 410mg sod., 7g carb. (4g sugars, 1g fiber), 23g pro.

SOFT ONION BREADSTICKS

These breadsticks bake up golden and chewy. They make the perfect complement to your favorite soup or pasta dish.
—Maryellen Hays, Wolcottville, IN

Prep: **30 min. + rising** • Bake: **20 min.**
Makes: **32 pieces**

- ¾ cup chopped onion
- 1 Tbsp. canola oil
- 1 pkg. (¼ oz.) active dry yeast
- ½ cup warm water (110° to 115°)
- ½ cup warm 2% milk (110° to 115°)
- ¼ cup butter, softened
- 2 large eggs, room temperature, divided use
- 1 Tbsp. sugar
- 1½ tsp. salt
- 3½ to 4 cups all-purpose flour
- 2 Tbsp. cold water
- 2 Tbsp. sesame seeds
- 1 Tbsp. poppy seeds

1. In a small skillet, saute the onion in oil until tender; cool. In a large bowl, dissolve yeast in warm water. Add the milk, butter, 1 egg, sugar, salt and 1 cup flour. Beat on medium speed for 2 minutes. Stir in onion and enough remaining flour to form a soft dough.
2. Turn onto a floured surface; knead until smooth and elastic, 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.
3. Punch dough down. Let stand for 10 minutes. Turn onto a lightly floured surface; divide into 32 pieces. Shape each piece into an 8-in. rope. Place 2 in. apart on greased baking sheets. Cover and let rise for 15 minutes.
4. Beat cold water and remaining egg; brush over breadsticks. Sprinkle half with sesame seeds and half with poppy seeds. Bake at 350° for 16-22 minutes or until golden brown. Remove to wire racks.
1 BREADSTICK 82 cal., 3g fat (1g sat. fat), 16mg chol., 129mg sod., 12g carb. (1g sugars, 1g fiber), 2g pro.

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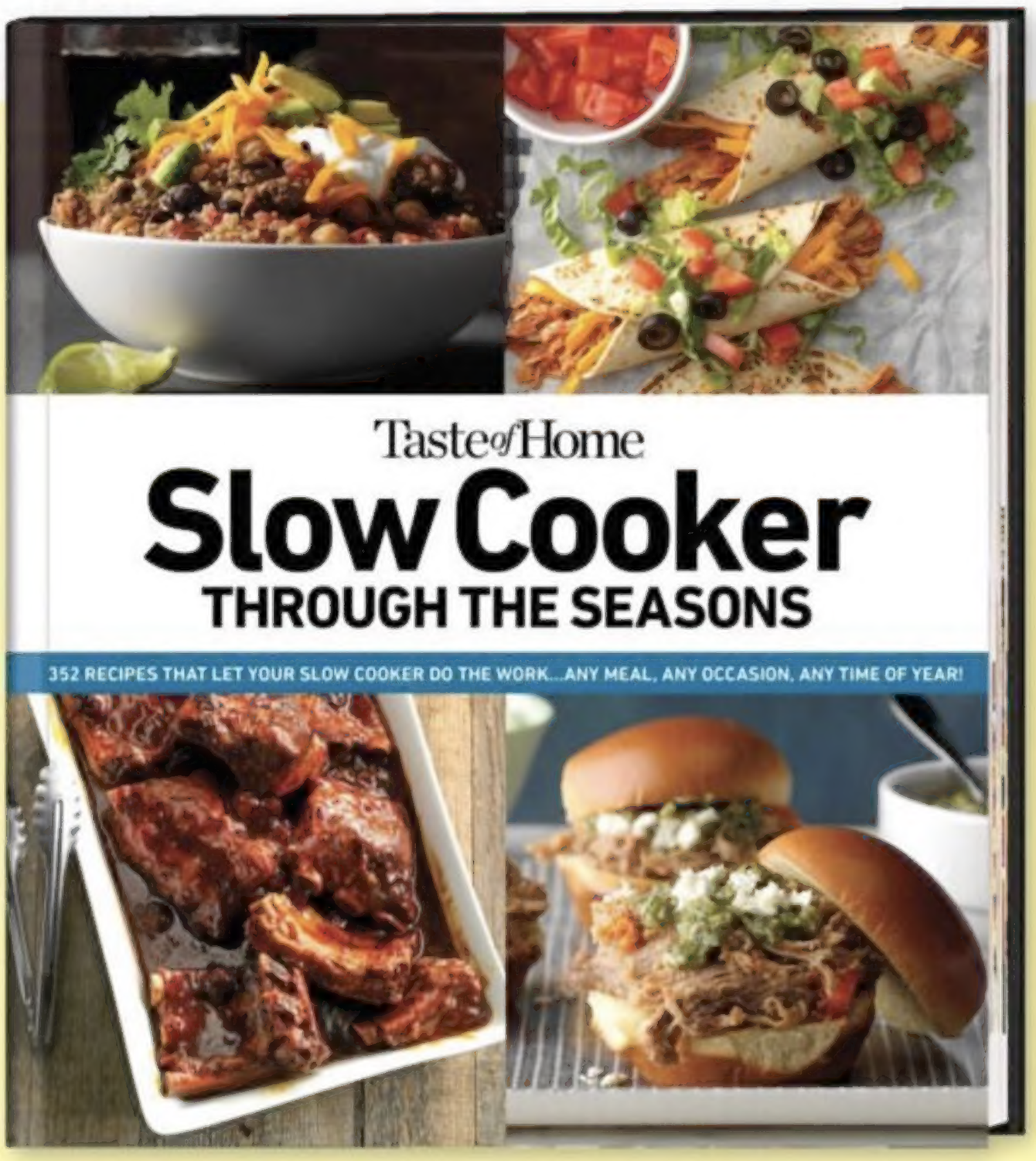
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